

HALIFAX

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NEWS
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**Halifax Forum
to stay standing**

Councillors vote to fund historic arena rather than four-pad in Windsor Park

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**The more
the merrier**

Pop Explosion presents one of its largest lineups ever with headliners Ghostface Killah and Danny Brown

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Get over it, OK?**

The co-founder of OkCupid says his site — and every other site out there — experiments on users

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CAMPY SEQUEL SINKS ITS TEETH INTO THE BIG APPLE, WITH IAN ZIERING RETURNING TO TAKE ON THE FINNED FIENDS

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Halifax buskers head to the circus

Sneak peek. 2014 festival includes perennial crowd favourites as well as midway rides, mimes, pogos and bubbles


HALEY RYAN
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The annual Halifax International Busker Festival will bring the usual magicians, contortionists and fire-eaters to the waterfront this weekend, but for the first time a Ferris wheel and other rides will be lighting up the night.

Festival event producer Kim Hendrickson said Tuesday the finishing touches were being applied in the tents and on stages along the Halifax waterfront, as well as to the East Coast Amusements Midway in the Salter Street parking lot. Everything kicks off Wednesday afternoon.

"It looks awesome," Hendrickson said about the midway full of rides, food and games.



Alakazam, a.k.a. "The Human Knot," strikes a pose for the camera along the Halifax Waterfront on Tuesday. JEFF HARPER/METRO

More onlineSee a full schedule of performances at [buskers.ca](#).

The 28th annual festival, running from July 30 to Aug. 4, will feature more than a dozen international acts. Returning stars include last year's crowd favourite, the acrobatic Reuben dotdotdot, and the Bubble Wizard, who makes massive bubbles the size of a city bus.

Australia's Alakazam, "The Human Knot," is back after a few years away, joining other international acts such as Japan's Funny Bones slapstick duo, Bendy Em, who fits inside a glass box, and POGO Fred.

Hendrickson said a highlight will be the All Star Charity Show on Sunday, where artists will pull together for one event in support of Chisholm Youth Services.

The pay-what-you-can festival brings in crowds of 80,000 a day.

"These are not acts you're going to see ever, anywhere," said Hendrickson.



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Finances

City finalizes spending plan for big projects

City councillors have not committed to building a new fire service facility, fast ferry or commuter rail, but if and when they do proceed with multimillion-dollar projects, there is now a plan in place to pay for them.

During a lengthy debate Tuesday, council's Committee of the Whole approved a strategy to fund planned and proposed developments over the next 10 to 15 years.

Planned projects include upgrades to the Dartmouth Sportsplex, the Cogswell interchange and the \$50-million, five-year downtown investment.

"They interact with each other," said Greg Keefe, the city's director of finance and information technology. "The funding plan needs to be laid out so when you make one decision you know you are not preventing yourself from making another decision down the road."

Other potential projects include a new police station, a stadium and multi-pad arenas on both sides of the harbour.

"I'm not convinced all of those projects will eventually go ahead, but they needed to know that if they go ahead and fund all of the arenas now, that doesn't mean they can't consider some of the other stuff later," said Keefe.

The plan involves adding a one-cent tax onto the general rate, or approximately \$25 per household per year. This will be discussed further during spring budget debates.

It also involves selling surplus properties — such as the Bloomfield Centre and St. Pat's High — and dedicating the proceeds to planned strategic projects, as well as amending the multi-year fiscal plan to increase the permissible debt for projects to \$100 million.

DESIREE FINHERT/FOR METRO

Online

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metronews.ca



Regional councillors have voted to not only spare the Halifax Forum from demolition, but to begin planning renovations based on a proposal from the Forum Community Association. METRO FILE

Historic Halifax Forum survives

HFCA. Councillors vote not to fund four-pad in Windsor Park, instead renovating decades-old building

DESIREE FINHERT
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Tears came to George Findlay's eyes when regional councillors voted to save the Halifax Forum.

The chair of the Halifax Forum Community Association (HFCA) said it's a happy day after five years of discussions to close the historic building.

"I'm just tremendously

Quoted

"It's been an institution in the city. It's as old as I am, 86 years old."

George Findlay, Forum chair

elated," Findlay said after the vote at city hall Tuesday.

As a city institution, Findlay pointed to the many bands, hockey games and prime ministers the Forum has hosted, as well as bingo nights that have drawn crowds.

But there were concerns about the facility's ability to accommodate demand with only two ice surfaces, small dressing rooms and smaller seating area.

City staff had proposed closing the Forum and selling the land to help offset the

costs of building a new four-pad arena with CFB Halifax in Windsor Park, but ultimately councillors defeated that proposal during the lengthy Committee of the Whole meeting.

"While I respect that there are some advantages to the CFB proposal, in terms of capital up-front costs, and possibly long-term costs, as I've said before ... the Forum has more to offer than a four-pad. We're going to be talking about a significantly different facility," said Coun. Wayne Mason.

Mason tabled a new motion

directing city staff to come up with a plan for renovating the Forum, which would include mixed-use opportunities, with a completion date in 2019.

"That's all part of our plan," said Findlay. "It's done in great detail by our architects.... The outside will be renovated. The walkways will all be interconnecting. There will be a new gym."

HFCA has developed a \$39-million proposal to refurbish the Forum, add a third ice surface and expand the existing Forum and Civic rinks to NHL size.

The motion also directs staff to begin planning a new four-pad for Commodore Drive in Dartmouth, and upon its completion, declare the Devonshire, Gray, Bowles and Lebrun arenas surplus.

City to decide Khyber's fate in Sept.



Council won't make a decision on selling the Khyber building before September.

During a lengthy Committee of the Whole meeting that went past 6 p.m. Tuesday, council agreed to defer some items on the regular council agenda to later dates. The recommendation to declare nearly 20 properties —

including 1588 Barrington St. — as surplus to HRM was deferred until a meeting in September.

City staffers are recom-

mending selling the 126-year-old building because it's in need of renovations that could cost millions.

Downtown Coun. Wayne

Mason questioned those fig-

ures Monday, and said he would table a motion Tuesday seeking a comprehensive assessment of the building's condition.

The Khyber Arts Society had to leave the building in January after asbestos was discovered during renovations.

METRO

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NEWS

Lost taxes. Illegal tobacco booming in N.S.: Study

A study commissioned by the Atlantic Convenience Stores Association (ACSA) suggests illegal tobacco use is on the rise in Nova Scotia.

A release from the association states that from June 2013 to June 2014, the "average presence" of illegal tobacco rose to 20.4 per cent from 14.6.

Montreal-based firm NIRIC collected and analyzed more than 3,000 cigarette butts

from 27 places across Nova Scotia for the study. The findings are considered accurate to within 1.8 percentage points, 19 times out of 20.

ACSA president Mike Hamoud says in the release that organized crime groups make millions of dollars from illegal tobacco. He estimates up to \$54 million in provincial tax revenue will be lost this year alone. **METRO**



The Atlantic Convenience Store Association contends the rise of illegal tobacco is costing Nova Scotia millions in tax revenues. **GETTY IMAGES**

13 alleged victims

Police arrest man for banking fraud scheme

Investigators have made an arrest in connection with a fraud scheme in Halifax.

A release from Halifax Regional Police says between July 1 and 26, 13 people were approached by a man on the street, conned into depositing an envelope

supposedly containing cash or a cheque into their bank account, withdrawing money, and giving it to the man.

The envelope was empty, so the victims lost their money.

Investigators arrested a 30-year-old man in connection with the scheme at a Gottingen Street address on Tuesday. He is facing 13 counts of fraud under \$5,000 and 13 counts of breaching an undertaking. **METRO**

Photo: AP

Explosion headliners go rap, crackle, pop

Oct. 21-25 festival.

Ghostface Killah, Danny Brown, Lights named in HPX lineup

 **HALEY RYAN**
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For the first time ever, the Halifax Forum will host multiple shows as an official Pop Explosion venue this October, including headliners Ghostface Killah of the Wu-Tang Clan, rapper Danny Brown and BADBADNOTGOOD.

On Tuesday, new executive director James Boyle announced most of the lineup for the Oct. 21-25 festival, saying the team "couldn't be more excited" about presenting one of the largest lists of performers the Pop Explosion's ever had.

"We're really excited that we have a proper all-ages venue," Boyle said about the Forum after the announcement. "We want to make sure we're doing a lot for the community."

Ghostface Killah's fellow Wu-Tang Clan member, Raekwon, also joins the lineup as well as punk rockers Against Me!, Whitehorse, Juno-winning electro-pop star Lights, and Tokyo Police Club.

Boyle said landing Detroit's Danny Brown late Monday



Rapper Ghostface Killah performs during the Vegooze music festival in 2007. **GETTY IMAGES**

evening was "a huge win for us," and a relief after going back and forth for weeks before confirming the show.

Boyle said a highlight is sure to be the Forum show featuring Toronto's jazz trio BADBADNOTGOOD backing Ghostface Killah and Raekwon.

He also said the Operators show will be exciting since the group recently formed from members of Handsome Furs and Wolf Parade, performing

Get your tix

Wristbands and passes for the festival go on sale Friday at halifaxpopexplosion.com.

their first shows at Canadian Music Week this year, so few have seen them live.

Since the festival launched in 1993, Boyle said the Pop Ex-

plosion is still one of the only events bringing new music to Halifax for the 19- to 35-year-old demographic.

"We're the foundation for that music community growing up and coming through and people supporting us, so we're really excited," Boyle said.

Other performers include Chad VanGaalen, The Wooden Sky, Twin Shadow, Cousins and Kevin Drew.

WASTE COLLECTION NOTICE GARBAGE/ORGANICS/RECYCLABLES

Natal Day

Please be advised that there will be no garbage, organics or recyclables collection services on Natal Day, Monday August 4th, 2014. Collection services for that day will be provided the preceding Saturday, August 2nd.

Collection Services can begin as early as 7am. To ensure collection please place materials curbside the evening prior to collection day.

No Collection Natal Day Monday, August 4th	→	Collection will occur the preceding Saturday, August 2nd
Otter Lake Facility Closed Monday, August 4th	→	Otter Lake Facility Open Saturday, August 2nd, 7am – 7pm
HRM Recycling Plant Closed Monday, August 4th	→	HRM Recycling Plant Open Saturday, August 2nd, 7:30am – 6pm
Household Special Waste Depot Closed Saturday, August 2nd	→	Household Special Waste Depot Open Saturday, August 9th, 9am – 4pm

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Palestinian supporters march on Upper Water Street

Hundreds of Nova Scotian Palestinians and their supporters rallied at Victoria Park on Tuesday, before marching north on Upper Water Street toward the U.S. consulate in Halifax. Protesters were calling for an end to the violence in Gaza, which has killed more than 1,000 Palestinians this month. JEFF HARPER/METRO

Barrington Street

Man recovering from in hospital after stabbing

A man was hospitalized, but is expected to recover, after a stabbing in downtown Halifax.

Halifax Regional Police say that a 38-year-old man was stabbed outside an address in the 2100 block of Barrington Street just before 7 p.m. on Tuesday. The 2100 block is the four-lane stretch of Barrington just north of the Cogswell Interchange. The man was hospitalized with injuries described as non-life-threatening. METRO

Cape Breton

Police investigate after campground incident

Cape Breton Regional Police are continuing their investigation into an incident at a campground that resulted in one man suffering life-threatening injuries.

Police were called to the Ben Eoin Beach RV Resort and Campground around 11 a.m. Tuesday after a 25-year-old New Brunswick man reportedly jumped from a moving vehicle. The man was taken to the QEII in Halifax with life-threatening injuries. Police were unable to say why the man may have jumped from the vehicle. CAPE BRETON POST

Ombudsman wants probe of all child deaths where provincial service present

Report raises concerns.

Investigation on death of child two years ago finds "fragmentation" in service system

Nova Scotia should set up an independent team to investigate all deaths and serious injuries involving children receiving government services, the province's acting ombudsman said Tuesday in a report that investigated a child's death more than two years ago.

Christine Delisle-Brennan identified several shortcomings in the way the province dealt with the child, who died seven months after authorities were alerted to concerns about the child's well-being.

Her report says there were problems with vague standards, poor communications, inadequate record-keeping and heavy caseloads at the Department of Community Services.

"What emerged from our investigation might best be described as system fragmentation," Delisle-Brennan said in a statement.

"In some instances, there were a series of disconnects, vague or non-existent standards and uncertainty of approach."

The report recommends the Nova Scotia Justice Department create a team to examine all child deaths and serious injuries where government services are involved.

Vicki Wood, a spokeswoman for the Community Services Department, said staff will review the recommendations and there are plans to hold talks with the other departments mentioned in the report, Justice and Health.

"We view it with great seriousness in terms of the concerns that it raises," said Wood, who challenged the suggestion there was poor communication between government agencies and departments.

The child's age and gender were not released, but the administrative review says the child died more than two years ago at home as the result of blunt abdominal trauma.

The mother of the child and the mother's partner were known to police, who were called to the home to investigate a domestic dispute seven months before the child died. That's when Community Services was first told about the child.

The department received five referrals or complaints about the child's well-being, including two that prompted an investigation about three months before the child died.

Recommendations

The ombudsman's investigation did not turn up evidence of government wrongdoing nor anything to suggest government agents in an uncaring or indifferent manner.

- The ombudsman is recommending the Community Services Department clarify its standards and work to reduce the caseloads, which remain slightly higher than the maximum.

- The investigation found sharing of information between health-care personnel and child protection staff was hampered by legislative requirements, the sensitive nature of health information and database differences.

It is unknown whether gaps between entries reflected inactivity on files or had any impact on the nature of responses. However, these concerns were increased by the fact that two investigation files remained open when the child died, the report says.

The report says the mother's partner was charged with manslaughter and acquitted.



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EU sends 'strong warning' to Russia

Tougher sanctions.

Arms embargo, ban on some tech sales adopted by Europeans after Malaysian airline disaster

Shocked into action by the downing of the Malaysian airliner and the resulting deaths of more than 200 Europeans, the European Union approved dramatically tougher economic sanctions against Russia on Tuesday, to be followed swiftly by similar punitive measures from the U.S.

The new sanctions adopted by the Europeans over the uprising in Ukraine include an arms embargo on Moscow and a ban on the unapproved sale to the Russians of technology that has dual military and civilian uses or is sensitive, such as advanced equipment used in deep-sea and Arctic oil drilling, EU officials said.

To restrict Russia's access to Europe's capital markets, EU citizens and banks will be barred from purchasing certain bonds or stocks issued by state-

Canada's part

The federal government says it will impose new sanctions against Russia in the coming days over Moscow's support of rebel groups in Ukraine.

- In a statement, Prime Minister Stephen Harper says Russian President Vladimir Putin's failure

to cease backing armed rebels in eastern Ukraine constitutes a genuine threat to international peace and security.

- The statement says the new sanctions would be applied against the Russian government and those closest to it.

owned Russian banks, said the officials, who spoke on condition of anonymity.

EU President Herman Van Rompuy and the head of the EU's executive, Commission President Jose Manuel Barroso, said the 28-nation bloc meant to send a "strong warning" to Russian President Vladimir Putin that the "illegal annexation" of Crimea and Russia's destabilization of Ukraine cannot be tolerated.

"Furthermore, when the violence created spirals out of control and leads to the killing of almost 300 innocent civilians in their flight from the Netherlands to Malaysia, the situation requires urgent and deter-

mined response," the two top EU officials said in a statement. Malaysia Airlines Flight 17 was blown out of the sky by a missile over eastern Ukraine on July 17, killing all 298 people aboard, most of them Europeans. The Obama administration has blamed separatists armed and supported by Russia.

The new EU sanctions bring Europe in step with the U.S., which has been pressing the bloc to take a harder line against Moscow.

Up to now, the EU had only targeted specific individuals, businesses or rebel organizations accused of undermining Ukraine.

THE ASSOCIATED PRESS



People gather in an underground car park to seek safety from incoming shelling in Donetsk, Ukraine, on Tuesday. Shelling killed at least two people as Ukrainian forces intensified their campaign to encircle the rebel stronghold, blew gaping holes in an apartment block and raised fears that the city is on the verge of severe bloodshed. DMITRY LOVETSKY/THE ASSOCIATED PRESS

Vancouver pharmacies are first to provide free HIV testing in Canada

Vancouver is the first city in Canada where you can take a free HIV test at a pharmacy.

Vancouver Coastal Health (VCH) and Providence Health Care announced Tuesday that they're piloting the feasibility of local pharmacies offering HIV tests by introducing the test at two Vancouver Medicine Shoppe locations.

"A few years ago, evidence became really compelling that diagnosis at the earliest possible moment is beneficial to patients and their partner," said VCH medical health officer Dr. Reka Gustafson. "We began to greatly expand the availability of HIV testing in health-care settings and also outreach settings. It's had a tremendous impact."

But the health-care system continued to see the infection spreading among young people — who rarely see a doctor or visit hospitals — at concerning



Pharmacy manager Santosh Meher holds up a pamphlet at Vancouver's Medicine Shoppe. MATT KIELTYKA/METRO

rates. So in an effort to make the test as accessible and easy as possible, they decided to launch the pilot project.

"People may know what the healthy thing to do is, but don't always do it," said Gustafson. "Now they have the option of being tested while they wait for a prescription to be filled. We've made it easy for them."

The two Medicine Shoppe pharmacies have private areas where the test can be conducted. The free Rapid HIV test is a simple pinprick blood test that identifies antibodies produced by humans when the HIV virus is present.

"It's a very good test at ruling out HIV," said Gustafson.

MATT KIELTYKA/METRO IN VANCOUVER



Israel bombs symbols of Hamas power in Gaza

A Palestinian inspects the damage to the offices of Hamas' Al-Aqsa satellite TV station, destroyed by an Israeli strike in Gaza City on Tuesday. Israel unleashed its heaviest bombardment in the three-week-old war against Hamas on Tuesday, striking symbols of the militant group's control in Gaza and firing tank shells that Palestinian officials said shut down the strip's only power plant. The fighting came as diplomatic efforts to forge a truce remained stalled, despite a death toll that Palestinian officials said rose above 1,200 on Tuesday. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Civil aviation

UN agency aims to toughen airline security after Ukraine disaster

The UN body that governs civil aviation says it is setting up a task force aimed at improving security measures in the wake of the downing of Malaysia Airlines Flight MH17.

The plane was shot down in mid-July by a surface-to-air missile while flying over a war-torn section of Ukraine.

Top officials from four international organizations met in Montreal on Tuesday to discuss risks to civilian aviation in conflict zones.

Raymond Benjamin, the head of the International Civil Aviation Organization, told a news conference the agency will convene a high-level safety meeting with its 191 member states in February 2015.

Benjamin said states have also been reminded of their responsibilities to address any potential risks to civil aviation in their airspace. THE CANADIAN PRESS



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B.C. cyclist made tourniquet from pants to survive after being shot

Impact. The bullet turned the bone below his elbow into small fragments

It was just before 1 a.m. during an overnight cycling race when loud explosions disrupted the solace of a rider along Highway 1 in British Columbia.

At first, Craig Premack, 59, thought he was hearing firecrackers near Spences Bridge while he was taking part in a 600-kilometre, two-day cycling event called the Cache Creek 600.

"But then my right forearm just blew up," Premack said at a police news conference Tuesday. "Seconds later I could feel the warmth of the blood rolling down my leg. I quickly realized that I had been shot and pedalled faster to escape."

Premack said the bullet entered his right forearm, just below his elbow.

As he tried to make sense

of what was happening, he saw a dark-coloured vehicle leaving a highway pullout.

"It was almost like a bad dream. I looked down and I could feel the blood. My goodness, I've been shot. I've really been shot. And all I could think was 'Get away.'

Premack said he slowed the bleeding with a tourniquet he fashioned out of a pair of pants, and hoped his cycling buddies would soon come by.

He said some cyclists were 20 minutes ahead of him and others were 20 minutes behind him in the cycling event, that runs from Metro Vancouver to B.C.'s southern Interior and back.

"After the longest 20 minutes of my life, I could see the lights of what could only be my cycling friends. They were quick to react, with one of them riding back to Spences Bridge to summon help."

RCMP Insp. Ed Boettcher told the news conference that police believe the potentially deadly incident near Lytton was a random attack.

"We're very fortunate today to be talking about a shooting and not a homicide," he said.

"It was a completely and utterly violent act, one that could have been directed at any one of us."

Boettcher said some cyclists have reported that two men in a pickup truck threw objects at them earlier in the race, though there is nothing to indicate that incident is connected to the shooting.

Premack said he was taken to a nearby hospital in Ashcroft before being transferred to Vancouver for surgery.

He appealed to anyone with information about who could be responsible for the shooting to contact police.

"The community at large needs to be protected from this person," he said.

Premack said he won't be able to return to work for several months and that he's concerned about finances.

Although he can't ride these days, the avid cyclist added: "I will for sure. There's no question." **THE CANADIAN PRESS**



Craig Premack was shot while riding on the Trans-Canada Highway at 1 a.m. during a June overnight road cycling event near Spences Bridge, B.C. At a news conference Tuesday at RCMP headquarters in Surrey, B.C., he showed where the bullet entered his forearm. **DARRYL DYCK/THE CANADIAN PRESS**

OkCupid messing with minds for the perfect love-finding formula

Matchmakers.

Website co-founder says experimenting on clients is just part of the website game

Online matchmaking service OkCupid admitted on Monday that it messed with members' minds a bit in a bid to refine the formula for finding love.

OkCupid co-founder Christian Rudder made a case for the practice in a blog post titled We Experiment on Human Beings, which came on the heels of criticism of Facebook for tinkering with posts to see how it influenced emotions of members of the leading social network.

"When we tell people they are a good match, they act as

Facebook 'experimented' with their news feed," Rudder said.

"But guess what, everybody: if you use the Internet, you're the subject of hundreds of experiments at any given time, on every site. That's how websites work."

Rudder described how OkCupid hid profile text to find out how important words were compared to people's pictures. It also told some incompatible folks they were ideal matches to determine if the power of suggestion played into romantic equations.

OkCupid learned that words in profiles mattered little next to pictures and that telling people they were fine matches ramped up the tendency for them to agree.

"When we tell people they

if they are," Rudder said.

"Even when they should be wrong for each other."

The matchmaking service also tested telling some seemingly perfect pairings they were lousy fits.

It turned out those people were inclined to defy the power of suggestion and grow enamored of one another anyway, according to statistics posted at OkCupid.

AGENCE FRANCE-PRESSE

Facebook

British authorities earlier this month revealed plans to investigate Facebook over an experiment that manipulated the feelings of users, as the social network apologized for its poor handling of the row.

Spending. RCMP should probe former premier's flights: Opposition

Alberta's Wildrose Opposition says there should be an RCMP investigation into former premier Alison Redford's use of government aircraft.

Wildrose finance critic Rob Anderson says the public has an expectation that politicians that may have broken the law should be investigated.

A CBC News report says the provincial auditor general found that Redford's staff blocked others from flying on

government planes by booking seats in advance and then removing passenger names before printing the flight manifest.

Anderson says it appears the governing Progressive Conservatives were using the planes as "personal air limousines."

Redford resigned as premier on March 23 amid caucus complaints about lavish spending. **THE CANADIAN PRESS**



Then-Alberta premier Alison Redford meets with media following a March meeting of the provincial PC Party executive in Calgary. **JEFF MCINTOSH/THE CANADIAN PRESS FILE**

Newfoundland

Soldiers rescue woman before truck explodes

A group of current and former military members who were on vacation in central Newfoundland put their rescue training to use as they pulled a bleeding woman from a burning truck.

Ryan Folkes and five other friends were driving between Grand Falls-Windsor and Badger on their way to go swimming Sunday when they saw smoke billowing out of the overturned vehicle.

Folkes, 26, said that as onlookers shouted for help, he and his friends administered first aid to the woman, removed her from the truck and brought her to safety just minutes before it burst into flames and exploded.

"We all took off like a shot of a gun towards the truck," Folkes said Tuesday.

He said five of the six had served together in a tank unit and were trained in combat first aid.

THE CANADIAN PRESS

Opportunity knocks for NASA Mars mission

Planetary explorer.

NASA's rover sets new off-Earth distance record, nears next major investigation site on the red planet

The odometer of NASA's Mars rover Opportunity has hit 40.25 kilometres, breaking the record for off-Earth distance travelled.

NASA officials said Monday that Opportunity drove 157 feet (47.8 metres) over the weekend, which was enough to surpass the record held by the Soviet Union's Lunokhod 2 rover.

NASA project manager John Callas says Opportunity was intended to drive only about one kilometre and was not designed for distance. He says the rover has driven far-



A shadow cast by NASA's Mars rover Opportunity stretches across the planet's surface in this July 26, 2004 image.
THE ASSOCIATED PRESS

ther than any other wheeled vehicle on another world.

NASA says that if the rover hits 42.1 kilometres, it will have reached the next

major investigation site that scientists refer to as "Marathon Valley" — because it will have travelled the distance of a marathon.

The Russian Lunokhod 2 rover landed on Earth's moon in 1973 and drove 38.9 kilometres.

THE ASSOCIATED PRESS

Building a Bright Future Together.

Serving the community

Hope Cottage provides over 1,000 meals each week to those in the Halifax area who are in need. The Scotia Square branch, organized a community sale of paper turkeys in early November, to be able to donate needed funds so everyone in their community would have a hot meal for the holidays.

Through the branch's hard work, they've given their community the dignity and warmth of a holiday meal. The paper turkey sale raised over \$1,000, including matching funds from the Team Scotia matching program.

Every day, through our Bright Future program, Scotiabank employees work to make a difference in their communities across Canada.

www.scotiabankbrightfuture.com

Caught on mooring cable. Ontario family among 157 stranded boat passengers

An Ontario family is recovering in Boston after a night at sea aboard a whale-watching boat that was stranded for 17 hours off the coast of Massachusetts.

Craig Bawden, of Newmarket, along with his wife and two young children, was among the 157 passengers aboard a Boston Harbour Cruise boat that got caught on a mooring

cable Monday afternoon.

Bawden says it was a "miserable" experience and many of the passengers, including his 10-year-old daughter, suffered seasickness during the night.

U.S. Coast Guard officials say divers tried to detach the cable Monday, but couldn't because of the rough seas.

THE CANADIAN PRESS

Gnawty beaver

Quebec family safe after beaver encounter

Police say a beaver felled a tree that collapsed onto a car in P.E.I. on Saturday, after it gnawed away at the tree's trunk.

While the Quebec couple and their two infant children were not injured, their car sustained significant damage and requires repairs. THE CANADIAN PRESS

Austria

German woman killed by cow stampede

Police say a herd of cows attacked and killed a German woman hiking through their fenced-in pasture after apparently being riled by the sight of her leashed dog.

The 45-year-old victim was rushed by about 20 cows and could not be revived. THE ASSOCIATED PRESS

"We wouldn't have been able to do what we did, without you!"

Hope Cottage Committee to donors

 **Scotiabank**
Bright Future

Is sifting through your email raising your stress level?

Take a deep breath.

Asana aims to bring tranquility (and focus) to your work day by offering an alternative to the deluge of email

Dustin Moskovitz is plotting an escape from email.

The 30-year-old entrepreneur has learned a lot about communication since he teamed up with his college roommate Mark Zuckerberg to create Facebook a decade ago, and that knowledge is fueling an audacious attempt to change the way people connect at work, where the incessant drumbeat of email has become an annoyance.

Moskovitz is trying to turn

that chronic headache into an afterthought with Asana, a San Francisco startup he runs with former Facebook and Google product manager Justin Rosenstein.

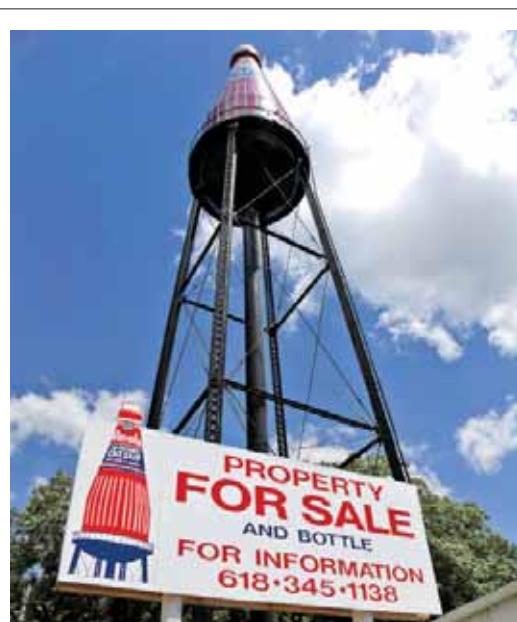
Asana peddles software that combines the elements of a communal notebook, social network, instant messaging application and online calendar to enable teams of employees to share information and do most of their jobs without relying on email.

"We are trying to make all the soul-sucking work that comes with email go away," Rosenstein says, as Moskovitz nods while sitting across from him in a former brewery that serves as Asana's headquarters. "This came out of a deep, heartfelt pain that Dustin and I were experiencing, along with just about everyone around us."

The misery keeps mounting in the corporate world, which remains an email haven. This year, each worker using a business email account will send and receive a daily average of 121 mail messages, a 15 per cent increase from 105 per day in 2011, according to The Radicati Group, which tracks email usage.

In contrast, consumers have been weaning themselves off electronic inboxes and increasingly turning to digital alternatives such as Facebook, Twitter and mobile messaging.

More email translates to less productivity, as workers spend more time weeding their inboxes and puzzling over convoluted exchanges among a hodgepodge of colleagues and managers scattered in various offices — or sometimes just a cubicle away. **THE ASSOCIATED PRESS**



This ketchup bottle (+land) can be yours for \$500,000

A "for sale" sign sits at the base of a water tower in the shape of a ketchup bottle in Collinsville, Ill., on Friday. The Collinsville water tower is a depiction of Brooks Old Original Rich and Tangy Catsup, which was once produced in the buildings beneath the tower. Now, owner Larry Eckert is seeking \$500,000 US for the 65-year-old, 170-foot-tall landmark and adjacent warehouse.

JEFF ROBERSON/THE ASSOCIATED PRESS

Security. BlackBerry acquires Secusmart

BlackBerry is bulking up its security assets with the acquisition of anti-eavesdropping firm Secusmart, which developed technology to protect the smartphones of German government officials, including Chancellor Angela Merkel.

The Waterloo, Ont.-based company revealed plans to add extra power to its mobile security foundation on Tuesday at an event held in New York.

Chief executive John Chen said buying Secusmart addresses growing concerns about threats to individual privacy and national security.

"We are always improving our security solutions to keep up with the growing complexity of enterprise mobility, with devices being used for more critical tasks and to store more critical information, and security attacks becoming more sophisticated," Chen said Tuesday in a news release.

THE CANADIAN PRESS

Kim Jong Un

Summer camp, North Korea style

Summer camp in North Korea? It's got everything: giant water slides, a private beach — oh, and a big bronze statue of the late leaders Kim Il Sung and Kim Jong Il surrounded by adoring children.

After some guidance from North Korea's new leader, Kim Jong Un, and a major face-lift, the Songdowon International Children's Camp reopened Tuesday. **THE ASSOCIATED PRESS**

Warren Jeffs

B&B Most Wanted

Continental breakfasts are now being served at a bed-and-breakfast that has opened on the site of a sprawling, mostly unoccupied compound in southern Utah that was built for the leader of a polygamous sect.

America's Most Wanted and Bed and Breakfast takes its name from Warren Jeffs' time on the list of the FBI's 10 most wanted fugitives.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
92.09¢ (-0.50¢)

TSX
15,446.55 (+ 1.33)

OIL
\$100.97 US (-\$0.70)

GOLD
\$1,298.30 US (-\$5.00)

Natural gas: \$3.82 US (+\$0.06)
Dow Jones: 16,912.11 (-70.48)

2014
BETWEEN:
Capital Direct Atlantic Inc., a body corporate
- and -
Richard James Bowman
NOTICE OF PUBLIC AUCTION
PROPERTY:
To be sold at public auction under an Order for Foreclosure, Sale and Possession, unless before the time of sale the amount due to the Plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:
PROPERTY:
Building, lands and premises known as 39 Barry Crescent, Herring Cove, Halifax Regional Municipality, identified by PID 40452930 and more fully described in Schedule "A" of the Mortgage dated October 29, 2012 and recorded at the Land Registration Office for Halifax County on November 21, 2012. This property is registered pursuant to the Land Registration Act.
SUBJECT TO a Utility Pole Easement being more particularly described in a Deed registered in Book 5505 Page 695.
SUBJECT TO a Mortgage in favour of Capital Direct Atlantic Inc. recorded on November 21, 2012 ad Document No. 101995208 and assigned to Quinte Bay Holdings Ltd. by assignment recorded on March 28, 2013 as Document No. 102734705.
A copy of the description of the property, as contained in the mortgage foreclosed, are on file at the Sheriff's office and may be inspected during business hours.
Date of Sale: Tuesday, August 5, 2014.
Time of Sale: 10:45 a.m. local time.
Place of Sale: Offices of Cox & Palmer, 1100-1959 Upper Water Street, Halifax, Nova Scotia.
Terms: Ten per cent (10%) deposit payable by cash, certified cheque or Solicitor's trust cheque made payable to "McInnes Cooper, in trust" at the time of sale, remainder within fifteen (15) days upon delivery of deed.
Signed June _____, 2014.
Nicholas C.G. Mott
COX & PALMER
1100-1959 Upper Water Street
PO Box 2380 Central
Halifax, NS B3J 3E5
Solicitor for the Plaintiff
Stephen Kingston, Barrister
McInnes Cooper (Halifax Office)

DOGS: THEY'RE JUST LIKE US

Science is a wonderful thing.

It can determine the age of the universe (13,798 billion years, if you're counting from home).

Or it can find out if your dog gets jealous.

Seriously, a study released last week proves that Fido doesn't like it when you scratch behind some other dog's ears, even if the other dog is a stuffed animal.

Researchers at the University of California (it's not, like, Harvard) did an experiment with 36 dog owners and their dogs. First, owners were told to play with a little stuffed dog that barks and wags its tail (*Tickle Me Fido?*), followed by one of those Halloween jack-o'-lantern treat buckets, followed by reading aloud from a children's popup book.

As you might expect, the dogs were only moderately per-



JUST SAYIN'
Paul Sullivan
metronews.ca

turbed by the book and the jack-o'-lantern, although 42 per cent weren't sure about that jack-o'-lantern. But they went all canine when their humans started messing with another dog. In fact, 78 per cent tried to push the toy dog away, and one in four actually snapped at it.

As interesting as this is, dog owners don't need science to tell them their dogs get jealous.

Before the kids came along, we had a dog named Mabel. People would ask, "Where did you come up with a dumb name like Mabel?" I replied that I should have called her Dinner, as that's the only name she'll answer to.

Mabel was not the most affectionate animal but she showed her true colours (black and tan and green all over) the day we brought the first baby home from the hospital. No nudging with her nose or snapping — she just walked into the nursery and deposited a load.

In case there was any doubt about her intentions, 18 months later, when we brought home the second baby, she did exactly the same thing — the only other incident of incontinence in her 17-year existence.

Then there was her body language. Whenever the kids were in the room, Mabel would deliberately turn her back and pointedly ignore them. They grew up traumatized.

Of course, faced with the data, the scientists are showing admirable restraint. "We can't really speak to the dogs' subjective experiences, of course, but it looks as though they were motivated to protect an important social relationship," said Christine Harris, the lead researcher.

Well, duh. Not to mention an important meal ticket. After all, there's more at stake here than a scratch behind the ears.

When you're a dog, you need your best friend more than he or she needs you. So the last thing you need is some other animal — or stupid jack-o'-lantern — competing for tasty snacks that are rightfully yours.

It's a dog's life. And there's no room for another one.

ZUT ALORS!



A rat runs next to a Maillol statue in the Tuileries Garden of the Louvre Museum in Paris, France, Tuesday. Rats have been on a rampage on the grass in broad daylight, defying death threats from sanitation workers.
FRANCOIS MORI/THE ASSOCIATED PRESS

The Ratatouille effect? Bold rodents romp around Louvre

Rats are on a rampage in the elegant garden of the Louvre Museum, so bold they romp on the grass in broad daylight, defying threats from sanitation workers and scaring tourists.

The hot weather in Paris has brought many picnicking visitors, whose garbage is a feast for the rats. And they're getting help from animal lovers who dig up poison and give them water. Maybe it's the Ratatouille

effect, with the beloved French rat Rémy from Disney's computer-animated film helping real-life rats win Parisian hearts. The vermin are finding a lifeline from "people who don't want us to kill animals," said Jean-Claude Ndanza Ekani, a museum employee.

Rodents have long made Paris their home. In 2000, mice were caught picnicking on pastries in the window of the luxury shop Fauchon. To the west, moles are an ever-present problem at the Palace of Versailles — which has its own mole-catcher.

THE ASSOCIATED PRESS

Terror on the Seine

"It's horrible, we're scared of being bitten.... They're really big. Sometimes they fight each other."

Audrey Hacherez, a gardener who weeds flower beds in the formal gardens, as quoted on the [theguardian.com](#)

METRO AUGMENTED REALITY

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In this issue, you can find AR enhancements on page 14 in Scene, page 21 in Life and page 27 in Sports.

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MetroTube

Save Batkid, save ourselves



ANDREW FIFIELD
andrew.fifield@metronews.ca

In the Internet's biggest (pre-World Cup) workplace productivity drag, an awful lot of us spent a November day watching San Francisco get a Gotham-sized makeover in a Make A Wish tearjerker for five-year-old Miles Scott — better known as Batkid and now in remission from leukemia.

Filmmaker Dana Nachman is hoping to take a feature-length look at Miles' unforgettable morning and is crowdsourcing the funds to complete *Batkid Begins*, a documentary on how the whole stunt came together. To tease potential donors, Nachman brought a trailer to this year's Comic-Con, and boy is it sweet. (deadlinehollywood/YouTube)



GETTY IMAGES FILE

Raccoon rockets to stardom

Lovable masked rogues. Real-life or animated, raccoons are making out like bandits in the movie world



IN FOCUS

Richard Crouse
scene@metronews.ca

The Guardians of the Galaxy, who made their first appearance in print in 1969, bear very little resemblance to the team of superheroes who will grace the big screen this weekend.

Conspicuous by his absence in the original book is Rocket Raccoon, the heroic character voiced by Bradley Cooper in the film. The feisty raccoon appeared years later, created by writer Bill Mantlo and illustrator Keith Giffen, who named the masked creature in tribute to the Beatles' tune Rocky Raccoon.

They confirmed the Beatles' influence in 1982 with a story that paraphrased John and Paul's lyrics for the title. Called Now Somewhere In the Black Holes of Sirius Major There Lived a Young Boy Named Rocket Raccoon, the book saw the Hulk and Rocket Raccoon stop a villain from stealing Gideon's Bible.

Rocket is the latest raccoon, but not the only, to become a mammalian movie star. Recently Liam Neeson starred in the animated movie The Nut Job, playing the imaginatively named Raccoon, the patriarch of a park, who might not have the best interests of the other animals top of mind.

Other animated raccoons



Guardians of the Galaxy superheroes include Rocket Raccoon voiced by Bradley Cooper. CONTRIBUTED

Cancel the stunt doubles

Zoe comes out swinging

Guardians of the Galaxy might mark Zoe Saldana's first Marvel movie, but she's no stranger to stunt work. When it came time to get fighting, the Star Trek and Avatar star had plenty of past experience to call upon. "There's muscle memory of the things I've done the past seven or eight years. I was able to kind of relax with my body and work with the stunt co-ordinators, but not excessively like I've done on other films," she says.

"Chris [Pratt] was like, 'I know you're very stunt-y, but just be yourself.' Around the third take he's like, 'Take it easy, baby. There's your mark.'

Pratt happily concurs: "She whacked me a few times. I can guarantee she can knock anybody out. She's got a very strong kick and she's not afraid to use it."

But she is concerned with exactly how she uses it, especially when bringing Gamora, an alien bred to be an assassin, to life. "I didn't want Gamora to look like any typical action person that's martial artsy, that

just does those Underworld jumps and lands on the ground and it breaks. I wanted her to be a little more graceful and classy in the way she fights," Saldana explains. "She has to be seductive to trick her enemy into falling into their own death."

NED
EHRBAR/
METRO IN
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AUGMENTED REALITY

→ My name is Peter Quill! Scan this photo with your Metro News app for a clip of Chris Pratt in Guardians of the Galaxy.



→ See the full instructions on Metro's Voices page.

have worked steadily. Meeko, the raccoon from Disney's Pocahontas and Pocahontas II: Journey to a New World cartoon also makes appearances in Mickey's Magical Christmas: Snowed in at the House of Mouse and in the Pocahontas video game. Then there's RJ from Over the Hedge, a lovable raccoon voiced by Bruce Willis. "The rascally charm Bruce Willis brought to Moonlighting makes RJ a lovable rogue, or at least a likable one," said director Karey Kirkpatrick.

Real-life raccoons are also getting work — in films like Rascal and The Details — but according to director Steve Carr they can present some problems. Tough guy actor Michael Rappaport voiced Joey, the consigliere raccoon, in Dr. Dolittle 2. The film featured more than 250 four-legged cast members, Carr says, "A huge percentage of our work was waiting for the animals to do what they're trained to do. And the patience that was needed well, it felt at times as if it were Herculean."

Zoe Saldana GETTY IMAGES

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Sequel bares its sharking-eating grin

Fin-stastic. *Sharknado 2* delivers a storm of laughs as it sinks its teeth into Manhattan

Don't worry about me. The *Sharknado* Evacuation map supplied by Syfy network places me, as a resident of Lower Manhattan, smack in the zone most in peril this sharknado season. But I'll be ready.

You might as well batten down the hatches, too. *Sharknado 2: The Second One* (which, if you hadn't guessed, is an encore follow-up sequel to last summer's campy classic) premieres Wednesday (Space, 9 p.m. EDT).

The original *Sharknado* depicted a weather aberration on the Southern California coast that caused bloodthirsty sharks to rain on hapless Angelenos. But hunky beach-bar owner Fin Shepard (get it: fin shepherd?) saved the day with a makeshift shark explosion.

Now he's back. Again played by Beverly Hills, 90210 alum Ian Ziering, Fin, in the aftermath of his sharknado trauma, is heading to New York City for a quiet visit along with his beloved ex, April (the returning Tara Reid). It won't surprise you to learn that an even bigger, badder sharknado siege awaits him.

That's the bad news. The good news: *Sharknado 2* is a hilarious must-see treat.

The original film erupted as a social-media and pop-culture phenomenon, mostly celebrated for its unwitting awfulness. It was a throwback to drive-in movies of 50 years ago that you would have ignored while you and your date put your attention elsewhere. A would-be blend



A mouthful of bravado

"When something bites us, we bite back!"

Veteran comedian Robert Klein as the mayor of New York delivers a rousing call-to-arms for all New Yorkers in *Sharknado 2: The Second One*.

of *Jaws* and *Baywatch*, it was funny, but never seemed to be in on the joke.

Against all odds, *Sharknado 2* has wised up. Though it and its performers teem with conviction — no winking at the audience here — the film is unabashedly awash with fun. And unlike laid-back Cali, New York — always spoiling for a fight — is the perfect arena for

dramatic strife, even from killer sharks cascading from the sky.

In fact, *Sharknado 2* serves as a paean to the Big Apple. Veteran comedian Robert Klein (playing the mayor of New York in one of the film's numerous celebrity cameos) delivers a rousing call-to-arms for all New Yorkers: "When something bites us, we bite back!" Hizzoner said

a mouthful!

Adding to the merriment are the many New York locations. Director Anthony C. Ferrante (back again for the sequel, as is screenwriter Thunder Levin) proves himself as a guerrilla filmmaker, capturing the city up-close-and-personal yet with a remarkably sleek touch. It's a fine-looking film, despite a budget (Ferrante hints) somewhere between \$1 million and \$2 million and a shooting schedule (he swears) of just 18 days.

"I had only been to New York a few times," Ferrante, who grew up in Northern California, said recently, "and the Mets gave us a 12-hour day at

Citi Field. I'm from L.A., but I want the Mets to win the World Series this year. They did me a solid!"

The subway and Citi Field sequences are riotous, and, among the many star turns, Today personalities Matt Lauer and Al Roker do some of the best work of their lives providing poker-faced coverage of the raging disaster.

But the film will sink its teeth into you from its first moments as you join Fin and April on their terrifying airline flight. Fasten your seatbelt for a wicked homage. This *Sharknado* is the very definition of scared silly.

THE ASSOCIATED PRESS

Zac Posen talks Project Runway and the real secret to winning it all

Fashion reality. With a new batch of designers each season, veteran judge says there is no shortage of surprises to pique his interest

Project Runway may have been on for a few years now, but it's got an inherently fresh premise.

Since it's a show based around creativity, every year a new batch of designers brings all new ideas and quirks to the reality competition.

We talked to Zac Posen, judge and designer extraordinaire, about the new season and what keeps him coming back after three seasons.

On the pleasures of reality TV: "Every day is its own adventure. We have no idea what to expect, so I love



Project Runway judge Zac Posen. METRO WORLD NEWS IN NYC

having to be reactive and surprised in the moment by what we see. I love to be on a television platform that is

about the creative process ... It's really the one television format that, while remaining entertaining, is actually really celebrating the process."

On the returning contestants: "When you have a returning designer, they are experienced in the situation of not only having to create in a fast time frame, but they understand who they are and how they can perfect their television persona.

"They're more seasoned players ... They've been through the ropes, and so it just ups the competition even more. They've become the go-to, in terms of advice or nurturing through the process. They definitely step up the competitive edge for the rest of the designers."

On the best challenges: My favourite challenges every season are the alternative-material challenges because, all of a sudden, you get to see

Guest judges

Runway often brings in celebrity judges to spice things up. Posen says those guests bring a simple, yet important perspective like "Would I wear this?" or they bring the more in-depth "understanding the artistry of it." Expect to see such familiar faces as Elizabeth Moss, Julie Bowen, Dita Von Teese and Amanda de Cadenet stopping by to weigh in this season. Posen has nothing but kind words about his usual judging compatriots, Heidi Klum and Nina Garcia.

how far the creativity of these designers can go.

"Because, in the time frame, very rarely are you able to finish something perfectly or the way you would do something with the actual

proper time it takes to make a beautiful piece of clothing.

"Often we're surprised. There's people who are sort of magic, who have the talent of being like a magic seamstress and pattern maker, and they can zip out pieces that are totally mind-blowing fast."

On what it takes to win: "I wish that a lot of designers that I see on the show, instead of interpreting what is already out there on the street in terms of fashion, listened more inside to their own voice about what they have to say that's unique to the world.

"That becomes a key winning designer for us, when you see someone that is pushing the boundaries and showing us something new. The imagination is infinite, so it's quite a joy to watch this experience and to have fun with it, too. METRO WORLD NEWS IN NYC



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Stars nix romance for Lady Mary and Tom

Downton Abbey.

Characters played by Michelle Dockery and Allen Leech will be looking for love, but not with each other, when series returns

Michelle Dockery and Allen Leech of Downton Abbey say Cupid's arrow is not headed for their characters.

While talking to a TV Critics' panel, the actors said they find it "very funny" some fans are hoping for a romantic pairing for in-laws Lady Mary Crawley and Tom Branson.

Both characters are widowed and have become confidantes in their grief.

"Their friendship has really grown," said Dockery, who reminded that at one point her aristocratic TV alter ego couldn't fathom the idea of having a chauffeur marrying her sister.

In Season 5 of the British

drama, premiering Jan. 4 on PBS, that bond will strengthen as they work to preserve their country estate.

"They're after the same thing for Downton. Sustainability," said Leech. "You definitely get the idea they get together on a united front with the idea of making sure Downton is going to be around."

It's not all business though, says Dockery, who says they're also "both looking for love."

"But not with each other," quipped Leech.

THE ASSOCIATED PRESS



Upcoming season

'Twists and turns' coming to Downton

Executive producer Gareth Neame says Downton Abbey picks up six months after Season 4 ends and promises some "substantial twists and turns."

However, popular characters played by Shirley MacLaine (Martha) and Paul Giamatti (Harold Levinson), who play the American relations, will not be back for Season 5, says Neame.

"They may be back in future seasons," he says.

Television critics were given

an exclusive peek at clips from the upcoming season, and it looks like Lady Mary Crawley (Michelle Dockery) is well on her way to finding a new romance after the death of her husband.

"She's very complex. She's impulsive and makes these decisions, and once she goes through with it, she realizes it's not quite the right decision," says Dockery. "This series, she's quite impulsive. And she's embracing it. She's through the grief now. It's the new Mary, she has a bit of her bite back."

In other news, PBS President and Chief Executive Paula Kerger says that Downton will continue to be aired in the U.S. months after it has already aired in Britain.

TORSTAR NEWS SERVICE

Downton Abbey stars Allen Leech and Michelle Dockery

CASEY CURRY/
INVISION/ASSOCIATED
PRESS

Fiennes to play Nostradamus

According to Deadline, English actor Joseph Fiennes is set to be playing the part of famous seer Nostradamus in the eponymous TV series co-produced by Carnival Films, the production company behind Downton Abbey.

Nostradamus will also be produced by Anonymous Content (True Detective) but it is not known yet which TV channel will broadcast the series.

Fiennes, of Shakespeare

The tale of the seer apothecary

The show will follow the 16th-century French apothecary famous for his predictions as he seeks vengeance for the murder of his family. Affected by dis-

turbance and dangerous visions, this self-destructive dreamer will look for the culprits and get caught up in schemes involving the Royal Court.

In Love and the upcoming Hercules, is a television regular, having appeared in FlashForward and Camelot. AFP

both cancelled after the first season, and in the second season of American Horror Story. AFP



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Westworld. Anthony Hopkins, Evan Rachel Wood headline HBO series

Produced by J.J. Abrams, the TV adaptation of Michael Crichton's 1973 film has now been picked up to pilot by HBO. The Oscar-winning actor who brought Hannibal Lecter to the silver screen will share the billing with the young Whatever Works star in this sci-fi drama.

For his first collaboration with HBO, the director of Star Wars VII is executive producing a new take on Westworld.

Set in the future, the original film depicts a theme park

where a cast of androids allows visitors to take a virtual trip to the time and place of their choosing.

For two friends and businessmen who visit the park and travel to the Far West, a fun day out turns into a nightmare when a technical malfunction allows the machines to take control. Written and directed by Michael Crichton, the 1973 film starred Yul Brynner, Richard Benjamin, James Brolin and Dick Van Patten. AFP



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Waters happy under his own thumb

Subversive storyteller.

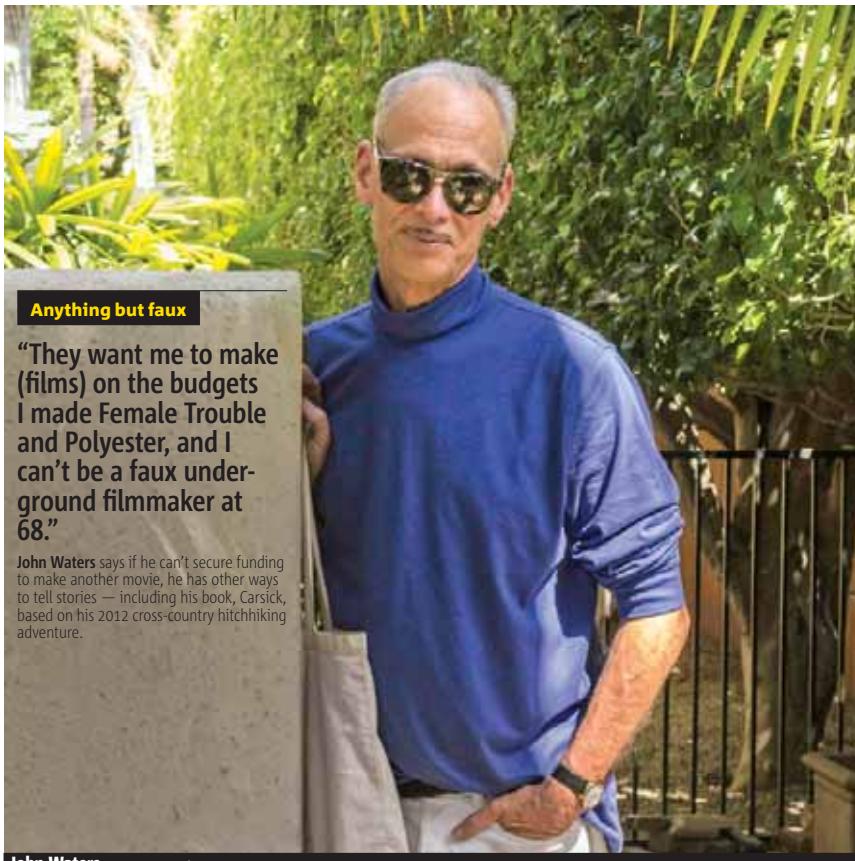
Auteur and author John Waters unsure if he'll make another film as he promotes latest book *Carsick*

Comical cult legend John Waters says he doesn't know if he'll make another film again, and he's fine with that.

After writing and directing over a dozen features, earning nicknames including the Baron of Bad Taste and the Pope of Trash for his subversive screen stories, he's found happiness in penning books as it gets harder and harder to secure financing for new big-screen projects.

"I want to make another movie, but if I don't, I have many ways to tell my stories," Waters said in a telephone interview to promote his seventh book, *Carsick*.

"They want me to make (films) on the budgets I made *Female Trouble* and *Polyester*, and I can't be a faux underground filmmaker at 68."



John Waters GREG GORMAN/RAINCOAST BOOKS

The baddest thing Waters has done lately? Hitchhiking from his Baltimore house to his apartment in San Francisco for *Carsick*, now on shelves.

The book begins with fictionalized hitchhiking scenarios he imagined might happen to him on the road. It then gives a humorous account of his actual 2012 trip with drivers including a minister's wife, a young man in a red Corvette and a coal miner.

His cover was eventually blown after he was picked up

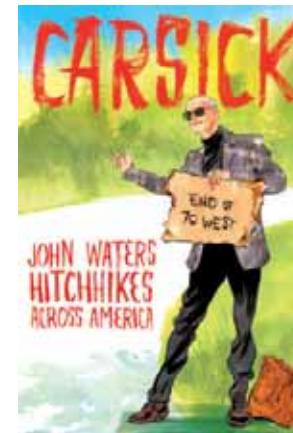
by the indie band Here We Go Magic and they tweeted about it, leading to a flurry of posts of his adventure on social media.

Holding out his thumb roadside with a cardboard sign and signature pencil-thin moustache gave him a new outlook on Middle America, said the writer-director of 1988's *Hairspray* and 1994's *Serial Mom*.

"I always said before, I do great in the high life and the low life — I can do well

at the Cannes Film Festival, I do well in prison, I don't do well in a shopping mall. But I think that changed, because I think Middle America is different now. I think people have changed. I think it's all because of the Internet and the global community and everything."

"Everybody's better, everybody's a little cooler, everybody's a little less judgmental. Even Republicans, even people that I don't believe in their politics at all."



On not being recognized

"But once I stood there for 10 hours, are you kidding? I prayed somebody would recognize me. When I had to walk down in those Holiday Inns at seven in the morning to those breakfast rooms with the truckers, I was prayin' somebody would recognize me, but they usually never did."

John Waters

Before Waters embarked on the trip, he didn't want to push being recognized by his drivers.

"But once I stood there for 10 hours, are you kidding? I prayed somebody would recognize me," he said. "When I had to walk down in those Holiday Inns at seven in the morning to those breakfast rooms with the truckers, I was prayin' somebody would recognize me, but they usually never did."

Waters battled rainy weather, stayed in motels and dined at truck stops and fast-food restaurants on his trip, which his assistants tracked via GPS. Some passersby and patrons at rest stops offered him money, thinking he was homeless.

"It was like being in Pink Flamingos, at the end when they say, 'Let's sleep in gas station lavatories' — I WAS in gas station lavatories," exclaimed Waters, who wrote and directed 1972's *Pink Flamingos*.

"In the beginning you say, 'Well, I wouldn't get in a car like this, I wouldn't do this.' But by the time you're

really out there doing it for five days, I said I'd get in Ted Bundy's car. If he had a Volkswagen and a broken arm and pulled up, I would've gotten in with him."

In fact, the more offbeat the driver the better for Waters, who noted he's more interested in "people that think they're normal but are insane."

"Because that's all the characters I make movies about," he said.

Waters has also picked up hitchhikers himself.

"The last time I remember picking up a hitchhiker was in Baltimore and it was in the daytime and it was a young kid and he jumped in the car and started huffing glue and I thought, 'Well make yourself comfortable,'" he said.

"But then he offered me some and I said, 'Well not on Tuesday at 11 in the morning. Maybe Friday night.' ... I thought it was sort of shocking and it made me laugh. He wasn't scary or anything. But then again, the hitchhiker with the birthmark in Texas Chainsaw Massacre is my type."

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Less campy gore in store for new season of Hemlock Grove

Layers peeled back.

Supernatural tropes give way to getting under the skin of series' vampire and werewolf

Netflix series *Hemlock Grove* is shying away in its second season from the campy lore it introduced in its first season but continues to deliver plenty of gore — as shows about werewolves and vampires tend to do.

Chunks of flesh and streams of blood won't surprise audiences familiar with Eli Roth's work — the *Hostel* series filmmaker brought the Brian McGreevy novel of the same name to life as a show last year. The quality of visual effects earned the series an Emmy nod for its first season, including those in the particularly horrific scene in the finale when, in a fit of rage, rich teenaged brat Roman Godfrey (Bill Skarsgård) tears off his mother Olivia's tongue with his teeth and spits the bloody flesh out onto the floor beside her.

"I fast-forward through those parts," Famke Janssen, who plays the mysterious matriarch Olivia, said with a laugh during an interview at Toronto's Shangri-La Hotel.



Bill Skarsgård, left, and Famke Janssen in a scene from *Hemlock Grove*. STEVE WILKIE/NETFLIX/HANDOUT/THE CANADIAN PRESS

Janssen, known for her roles in *Nip/Tuck* and as Jean Grey in the *X-Men* series, describes her character as not just manipulative, but "diabolical."

"Olivia is very unlike from anyone else I've played," said Janssen. "She's challenging in a way where you're giving emotions to a character where

you never truly know whether she's putting them on to achieve something or if she really means it."

The show, shot in Toronto and set in a former Pennsylvania steel town, follows the grisly murders of teenage girls, which leads to an unlikely bromance between Roman and Peter Rumancek, the new kid

in town who also happens to be a werewolf, played by Canadian Landon Liboiron. The pair teams up to find the creature perpetrating the crimes, a journey that doesn't end well for any of the characters.

The trauma Olivia endures at the end of the first season is both physical and emotional — her teenage daughter Shel-

A large advertisement for Scotia Square featuring the words "THE MIX" in large white letters over a background of what looks like coffee beans. Below this, the text "SCOTIA SQUARE Downtown Delicious" is displayed, followed by the website "ScotiaSquare.com/TheMix".

Now streaming

All 13 episodes of Season 2 of *Hemlock Grove* are now streaming on Netflix.

ley has gone missing after being blamed for the murders, her close relationship with Roman is severed after she tells him he's a vampire, and his vicious response to this revelation leads to Olivia being hauled away in a body bag. Her rebirth in Season 2 is in the hands of the mad doctor Johann Pryce (Joel de la Fuente) at the ethically questionable Godfrey Institute for Biomedical Technologies.

"She's not in the best shape that we've seen her in, but she has a way of crawling out of anything and everything — she's a survivor," said Janssen.

Her crippled state transforms her, evoking unfamiliar emotions in Olivia.

"I like the whole vulnerability aspect we brought to her this season because that's more who I am," said Janssen. "I am not an evil, manipulative character by nature so those are the parts that are a little bit more challenging but certainly fun."

After the first season answers the question "What are

you?" — which both the audience and Olivia's late husband ask in a flashback — the show takes a turn away from mythology.

"This season was about exfoliating the characters more, peeling back the layers of the onion to see what was underneath," said Charles (Chic) Egglee, the series' new showrunner.

Despite describing elements of the show as "horrible," Egglee said he doesn't classify *Hemlock Grove* as a horror show, adding he isn't familiar with horror or the tropes used in the genre.

This may prove to benefit the show since its first season received lukewarm critical reviews partly because of its reliance on tropes, including "serving up the predictable chorus line of pretty girls to be disembowelled for your viewing pleasure," as Los Angeles Times television critic Mary McNamara wrote.

This season's plot follows a string of murders made to look like accidents that Peter is determined to solve, trying to enlist Roman's help. Both are also entangled in family struggles — Peter is trying to get his mother Lynda (Lili Taylor) out of prison while Roman deals with his mother's attempts at reconciliation.

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Ben Affleck ALL PHOTOS GETTY IMAGES

Where have you Ben? Kevin Smith wonders what happened to bromance

Kevin Smith used to be able to count on Ben Affleck for anything — even a cameo in Clerks 2. But not anymore. "We're not f—ing tight. I have not been (close with him) in decades. That's old Ben. He's got a wife that don't care for me at all," Smith told Yahoo Movies, referring to Jennifer Garner. "And plus, honestly,

he probably don't care for me at all anymore. He's a triple-A-list movie star and s—like that. If he's Jimmy Carter, I'm Billy Carter, to put it in '70s terms. And I'm not even related and s—."

That may sound rough, but Smith's rep was quick to clarify it was all "simply a joke and taken completely out of context."

If you're wondering where Freddie Prinze Jr. has been for the last few years, it's sitting at home and seething about Kiefer Sutherland. The She's All That star opened up to ABC News about how working on Sutherland's 24 almost drove him into early retirement.

"Kiefer was the most unprofessional dude in the world. That's not me talking trash, I'd say it to his face, I think everyone that's worked with him has said that," Prinze says. "I just wanted to quit the business after that. So, I just sort of stopped. I went and worked for Vince McMahon at (professional wrestling organization)

WWE, for Christ's sake. And it was a crazier job than working with Kiefer. But at least he was cool and tall. I didn't have to take my shoes off to do scenes with him, which they made me do. Just put the guy on an apple box or don't hire me next time. You know I'm 6 feet and he's 5-foot-4."

Prinze also says Suther-

Freddie's fed up: He's got 24 problems and Kiefer is one



Freddie Prinze Jr.

land would regularly show up to work drunk and sit in his trailer for hours, keeping everyone waiting. Sutherland's rep fired back: "Kiefer worked with Freddie Prinze, Jr. more than five years ago, and this is the first he has heard of Freddie's grievances. Kiefer enjoyed working with Freddie and wishes him the best."

Ellen standing by wife despite wave of woes?



Despite rampant rumours of tension at home and even infidelity — not to mention a reported stay in rehab earlier this year — Ellen DeGeneres is said to be standing by her woman when it comes to wife Portia de Rossi. "Ellen is very supportive of Portia and has no intention of leaving her. Portia is her world," a source tells Radar Online. "Ellen is controlling of Portia, but she is always talking about how lucky she is to have such a beautiful wife." Reports surfaced earlier this month that de Rossi had secretly checked into a rehab facility in May to deal with alcohol and drug issues.



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wood might be crossing the gender divide, and he sounds almost proud. "Are you saying that I might be responsible for giving men body issues? That's the nicest thing anyone has ever said to me," he jokes.

But seriously, folks: "I'm sure I can't relate to what females go through in Hollywood. I do know what it feels like to eat emotionally, to be sad and make yourself happy with food, and then be almost immediately sad and ashamed to try to hide those feelings with more food. It's a vicious cycle and a very real thing," he says.

"I know what it's like to have body image issues. I also know that if you just work hard and enlist the help of good coaches and be willing to work hard, you can actually change that."

Mention that some of the body image issues projected on women by Holly-



How-to

Make the airport more romantic

1. Dress things up a bit. Don't be that couple who look like they just rolled off the couch and into a cab. Make an effort to look like you actually belong in first class.
2. Speaking of which, a surprise upgrade will score you 1,000 brownie points with your mate.
3. The very second you come face to face with an oyster bar, sit down and have oysters.
4. Order a glass of champagne. The real stuff.
5. Set money aside to treat yourself at the airport with a Liberty print necktie, a new pair of Ray Bans, a silk scarf. **DOUG WALLACE/METRO**



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DOUG WALLACE/METRO



Trend

Adults-only September escapes

Latin resorts have a nickname for September: Septihambre (instead of Septiembre), hambre meaning hunger. When back to school hits, their hotel rooms and beaches are empty. Perfect timing for Sunwing's Adults Only discounts: up to 60 per cent off one-week all-inclusives for September departures to four- and five-star spots in Mexico, Cuba, the Dominican, Panama and more. Visit Sunwing.ca.



TIM STEWART

DOUG WALLACE/METRO

El Salvador: The best kept secret in Central America

Get there before everyone else. Passed over in favour of more popular destinations like Costa Rica, this tiny nation has plenty to offer visitors

LIZ BROWN
liz.brown@metronews.ca

It was a cold night in December when my pal and I popped open a bottle of wine and started planning our two-week surf trip down Central America's Pacific coast.

Stops in Costa Rica and Nicaragua were musts, as the countries boast some of the best surf scenes in that corner of the globe. But another country had grabbed our attention: El Salvador.

Everything we read talked of the unspoiled beaches, the nascent tourism industry that made your dollar stretch, and the excellent surf. It might have been our curiosity. It might have been the wine. But within the hour we had booked a flight to the capital San Salvador and exchanged a high five.

"You did what?" was my mother's response to the news. "Isn't there a war going on there?"

"Not since the early '90s, mom," I said.

Twenty years on, El Salvador is still trying to shake the violent reputation it gained from that long, brutal civil war that stretched over a decade and saw children recruited as soldiers and civilians terrorized by



El Salvador's beaches are beautiful and void of the crowds you'll see in more popular spots like Costa Rica.

LIZ BROWN/METRO

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from a patio restaurant on the beach. The meals washed down easily with \$1.50 beers. Surf lessons are \$10 an hour. Just take the main road to the beach where buff surfer boys hang out hounding you to hire them.

The empty beaches

The three days we spent in El Tunco were midweek, so we missed the weekend rush when the locals from San Salvador come out to play. That said, it was still high season in Central America (March) and at times we were the only surfers at the beach. There are some breaks further away from El Tunco for more skilled surfers, but the beach near Papayas offers a consistent mid-size wave that's perfect for learning with the added bonus you don't have to worry about running a kid over with your board (a very real risk at some of the more popular spots in Costa Rica). This isn't a white sand Caribbean beach — it's pebbly and dark with volcanic rock — but the waves are good and the sun shines.

massacres. It's been a long recovery but the nation that has emerged is on the path towards healing and excited by the prospect of sharing its treasures with visitors.

Any trepidation we felt as we flew towards San Salvador in March dissipated when we walked out of the airport to meet a clean-cut surfer named Jaime holding a placard with our names scrawled on it.

We'd arranged the ride through Papayas, a hostel we booked in a small surf town called El Tunco, about a 45-minute drive from the San

Salvador airport.

Following a stilted conversation of broken English and Spanish, he piled our backpacks into his Nissan truck and we hit the highway.

We spent three days in this little town taking surf lessons, gorging on fresh fruit and fried Salvadoran fare and partying late into the night. While we spent two weeks in Central America, we both agreed those first three days were the highlight of our trip.

Here's why you should plan your own Salvadoran adventure.

The cost

We nabbed a room with an ensuite bathroom at Papayas Surf Lodge, three minutes from the beach, for \$22 a night. The beds were clean and comfortable and the lodge had a small pool and kitchen for those who wanted to cook. There are a handful of restaurants to choose from in town (the town consists of two main dirt roads where all of the eateries, shops and bars are clustered). The cost of dinner ranged from \$1 for three pupusas (fried tortilla with cheese, meat and beans) from a street vendor to about \$6 for North American fare



Book tourism. Outlander trip a fan's page-turner

Hardcore fans of Diana Gabaldon's epic fantasy romance series, *Outlander*, are seriously being spoiled this year.

Following the hotly anticipated TV series of the same name (premiering Aug. 24 on Showcase, just in case you've been living under a set of Standing Stones), *Outlander* enthusiasts can now travel to Scotland and completely immerse themselves in the world of time-travelling lovers Jamie Fraser and Claire Beauchamp Randall by way of a specially designed, seven-day *Outlander* tour.

Beginning in Edinburgh, fans will be taken on their own Scottish adventure, visiting some of the key locations used in filming the series and sites that inspired Gabaldon while writing the books.

Highlights of the tour include exploring the cobblestone streets of the Royal Mile and Edinburgh's Old Town, a visit to Doune Castle (Castle Leoch in the novel) and a trip to Loch Ness. There are also tours of Glencoe and Fort William.

Of course, it wouldn't be an official *Outlander* tour without



Fans can immerse themselves in the lives of the *Outlander* characters on a new tour.

THE ASSOCIATED PRESS

sampling some of what the Scottish like to call The Water of Life (also Jamie's favourite drink) with a visit to a whisky distillery.

Tours are limited to a maximum of 16 people, so no doubt tickets will sell fast (double rates start at \$1,005). The first trip is scheduled for Oct. 31, but six trips have just been added for 2015 (May 11, June 8, July 13, Aug. 17, Sept. 14, Oct. 12; booking for next year begins in early October). For further information, head over to the website: rabbies.com

NIKKI MURPHY/MWN IN NEW YORK



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Air travel

A peek at the perks of flying first class

The front of the plane; where beds lie flat, jackets hang neatly, cookies come warmed and drinks flow freely. But what are the secret perks? With the assistance of Cheapflights.ca, I got the scoop on what are inside those coveted amenity bags.



Air Canada

Inside this navy coloured kit are soft cotton socks, a pair of grey ear plugs, a light grey eye shade that's soft to the touch, a toothbrush with a five-gram tube of Colgate toothpaste and a Mentos mint. The skin care products include bergamot body lotion, a refreshing cleansing cloth and a lime-peppermint lip balm. It's best for no-nonsense travellers who are rich enough to fly Business Class but don't want bling cluttering up their cabinets.



Delta

Made by Tumi, this travel kit is a small, woven-effect black purse containing a multitude of goodies. The branding is no-nonsense, black and sleek; the eye mask and cosy socks are wrapped in red card saying "sleep," the hand wipe is labelled "clean" and the ear plugs "quiet." Also included is shoe polish, a shoe horn, comb, tissue, pen and 50 grams of Crest and dental floss (a first). By far the most generous of all the kits collected by Cheapflights.ca, travellers looking for quality and quantity will love this kit.



British Airways

The first class men's kit offers a foldable comb/brush, razor, toothbrush and toothpaste, a pen, shave gel, moisturizer, eye gel, lip balm and deodorant. The women's kit includes a foldable comb with a mirror, cotton pads, a pen, toothbrush and toothpaste. There's also renewing rose cleanser and triple rose renewing moisturizer, firming eye serum, orange flower hand lotion, a lip balm and a deodorant stick.



ON THE MOVE

Loren Christie
lifem@metronews.ca



Etihad

Etihad's limited-edition kits were created and produced by Sougha, a social enterprise initiative that's preserving the Emirati heritage and promoting local artisans. The patterns of the kits evoke the romance of Bedouin tents. The diamond-level kit includes soft brown socks and an eye mask that's as soft as suede, as well as roll-on pulse point oil, pillow mist, a toothbrush and toothpaste, cotton buds, pads and emery board, lip balm, hand balm and facial moisturizer by Le Labo.



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You really Cannes afford that trip to the French Riviera

South of France on a shoestring. The town best known for movie stars and yachts can be enjoyed by the budget conscious, too

Cannes, the jewel of the French Riviera, was just a sleepy fishing village when 19th-century English aristocrat Henry Brougham began encouraging his friends to visit.

These days the place is packed with millionaires year-round, though the famous Cannes Film Festival held each May is the designer-gowned cherry on top of that pricey sundae. But you don't have to be a movie star to enjoy this beauty. You can live like a blue-blood on the Côte d'Azur without spending any green.

Get set on the croisette
The Boulevard de la Croisette, pronounced kwah-SETT, is the curving street that stretches for over a kilometre along the sea front.

It is the place to see and be seen. Joggers, mamans with strollers, young ladies with no apparent day job dressed to the nines — you'll see a wide variety of humanity strolling or puffing along the wide pathway. Beach cafés beckon with their million-dollar views while handsome hotels line the other side of the street. Look for the InterContinental Carlton's distinctive domes, said to be modelled on the bosom of a First World War courtesan. You may also recognize the place as a locale in the Alfred Hitchcock Riviera caper *To Catch a Thief*. This is where heiress Frances Stephens (Grace Kelly) and her mother stayed.

(Window) shop till you drop
High-end boutiques like Gucci and Ferragamo line the



Cannes has morphed from sleepy fishing village to destination for the rich and famous. ISTOCK



Scope out the sections of free beach in Cannes. THE ASSOCIATED PRESS

Croisette. Running parallel to the Croisette is Rue d'Antibes, a pretty street decorated with hanging flower baskets and packed with high- and low-end boutiques. Heading west, Rue d'Antibes turns into Felix Faure, which takes you to the Cannes covered market, Marché Forville (head north on Rue Louis Blanc). The market, <http://publicmarkets.com/marche-forville-cannes-france/>, features mountains of produce, flowers, cheese, olives and more and is a fun place to take photographs. Open Tuesday-Sunday, 7 a.m. to 1 p.m. On Mondays it turns

into a flea market.

Reach the beach

Some beaches along the Riviera are private and you will pay a pretty penny for the privilege of sitting under a parasol. But there are sections of free beach in Cannes, including Plage du Midi on Boulevard du Midi Jean Hibert west of the old port. Along the Croisette, Mace is a municipally managed beach, which means you can rent chairs and umbrellas for less than at the private beaches. It also has an open section where you can lounge for free on the sand.

Bucket list

Whale watching in Tofino

Surfing and storm-watching are plenty romantic enough, but catching sight of a whale in Tofino is really the ticket. This popular whale-watching

region on the west coast of Vancouver Island at the south edge of Clayoquot Sound is worth the trek. Dropping by next time you're on the West Coast could be one of the most romantic decisions you'll ever make.

The entertainment is

free provided courtesy of the annual grey whale migration from March to October, as 20,000 whales make a 20,000-kilometre round trip from Mexico's Baja Peninsula.

For more information, visit tourismtofino.com.

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Why earning a wage while being educated is worth every penny

Success in the sit-down. In addition to the extra cash, there are many upsides of working as a student

RIANA
TOPAN
TalentEgg.ca

As a student, you're perpetually short on time — there are always readings to do, exams to study for, events to attend, friends to see.

If you don't have to work while you're in school, it's understandable that you wouldn't want to.

But if you have the choice, I urge you to consider taking on a part-time job even if it's only for a few hours each week.



There's value in having to take your mind off stressful studies a couple of times a week. iSTOCK

Here's why:

You'll become really good at using your time well

Being busier overall can actually make you more productive,

since procrastinating simply isn't an option.

It will also help you to improve your time-management skills since you'll have to learn how to be smart with your time

to succeed at both school and work.

The work experience you gain will be invaluable

Even if it's not related to what you plan to do after school, a part-time job will give you real-world experience that you just can't get from a textbook or a lecture.

Plus, it's a chance to try out jobs you're considering for your career. You could learn more about what you do (or don't) want to achieve professionally.

Networking and building long-term professional relationships

Some of the most influential people I've ever met have been my employers, and I've built relationships with them that have lasted for years.

They've been good friends

and great role models and have given me good references to boot (something I was very thankful for when I started looking for work after finishing my undergrad).

It might even help you to recharge

They say that a change is often as good as a rest — working will give your mind a break from school, which will help you feel refreshed when you hit the books after a shift at work.

You'll get more than just a title

You'll develop useful skills that will help you later on in your career, from learning how to perform well in an interview and understanding the importance of professionalism in a work environment, to improving your customer service skills or learning how to use a photo-

Staff privileges

Many jobs come with perks like discounts on merchandise or free food and drinks during your shift, which can help you to save some of the precious money you're earning.

- So if you're thinking about whether or not you want to take on a part-time job, make sure you consider the non-monetary benefits to working while you're still in school.

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How Tweet it is to be employed by you

Hashtag hired. Find instant success in the social media job sphere with these key skills

LAUREN
MARINIGH
TalentEgg.ca

In this day and age, who wouldn't dream of working in the popular field of social media?

Job opportunities in social media have started to grow in popularity among the millennial generation — and many organizations have a high demand for professionals in this area.

There are a number of skills



The number of major social media platforms is rapidly growing. How many are you a part of? iSTOCK

ends. The online community never sleeps, and neither do your fans and customers.

This is particularly true if you work for a business that is open seven days a week.

There's good news. If you're dedicated and passionate about social media and community management, it won't feel like work to be constantly tuned into your social media channels; it should be second nature.

Willingness to learn

Social media is rapidly changing.

Since you've started reading this article, it's probably already changed in some way, shape or form, or a new trend has appeared. If you plan on pursuing a career in social media, you'll have to be ready to keep up.

If you're looking for a career where your learning stops the minute you graduate school, social media isn't for you.

You can't be an expert in social media without staying up-to-date — and you have to be willing to accept that.

that can make you an asset in this field, and many of them require just a little investment of time and energy outside the classroom.

Strong writing skills

While social media professionals often tackle a number of small writing tasks (think: 140 characters) instead of large ones, you'll still need excellent writing skills to get ahead in this field.

In addition to being a grammar wizard, you'll also need to communicate effectively using the written word.

This is a key skill for any career, but when you're the person behind a brand's online presence, it is absolutely mandatory that you be able to write

effective and engaging content.

Customer service skills

You might not think to connect your experience in customer service with a job opportunity that involves social media.

However, careers in social media involve dealing with the public all the time.

While you may be connecting with people from the other side of a screen, knowing how to deal with different customer inquiries and complaints is vital to your continued success.

Dedication & passion

Working in social media is not a nine-to-five job.

You will often have to work around the clock and on week-



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Mussel your way to Thai flavours



This recipe makes eight servings. EMILY RICHARDS

Steamed Lemongrass Mussels. To cool or not to cool? The choice is yours with this refreshing dinner option



DINNER EXPRESS
Emily Richards
food@metronews.ca

Fragrant lemongrass fills the air with a citrus aroma while the mussels steam to produce a flavourful juice. The juicy mussels are loaded with flavours that entice you into the rest of your Thai experience. This dish is great served hot or cold.

1. Trim top and end of lemongrass. Remove outer layers. Using back of knife gently bruise stalks. Cut in half lengthwise, then crosswise into slices.

2. In Dutch oven or large saucepan, heat oil over medium

Ingredients

- 2 stalks lemongrass
- 2 tsp (20 ml) canola oil
- 2 cloves garlic, minced
- 1 Thai bird chili pepper, sliced (or 1/4 tsp/1 ml hot pepper flakes)
- 1/4 cup (50 ml) white wine or sodium-reduced vegetable broth
- 1/4 cup (50 ml) water
- 2 tsp (10 ml) fish or sodium-reduced soy sauce
- 1/2 tsp (2 ml) grated lime rind
- 2 tbsp (25 ml) fresh lime juice
- 1/2 cup (125 ml) chopped fresh coriander
- 2 pkgs (907 g each) mussels, bearded and rinsed

FLASH FOOD



From your fridge
to your table in
30 minutes or less

Chill out!

Chilled Option: Cook as above. Transfer mussels to bowl. Boil liquid for about 5 minutes or until reduced by half. Remove mussels from shells and add to reduced liquid. Reserve half of each shell. Cover and refrigerate mussels and shells for at least one hour or up to 24 hours. Arrange shells on lettuce-lined platter; fill each with mussel and drizzle remaining liquid over top; sprinkle with remaining coriander.

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4 SPORTS

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SPORTS

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Wednesday, July 30, 2014

Brad Marchand of the Boston Bruins and James Sheppard of the San Jose Sharks share a laugh on stage at the Halifax Metro Centre during Tuesday night's Phoenix Champions for Change fundraiser in support of Phoenix Youth Programs. JEFF HARPER/METRO

Nova Scotia hockey heroes 'humbled'

Phoenix Champions for Change. Local celebrities honoured they can help in lives of at-risk youth



KRISTEN LIPSCOMBE

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There were plenty of familiar faces Tuesday night inside the Halifax Metro Centre.

But the evening's events were more about the faces in the crowd, the faces sometimes passed by on the streets, looked over amid the rush of daily lives.

Quebec Major Junior Hockey League star goalie Mason McDonald of Halifax, two-time Stanley Cup champion Dennis Bonvie of Antigonish and national women's hockey team assistant coach Lisa Haley of Westville were all in attendance at the second annual Phoenix Champions for Change evening.

And so was Amy.

In front of a room full of local celebrities and business influencers, the young woman spoke eloquently about her experience with Phoenix



Alexis Crossley of Cole Harbour — a member of the 2012 world women's U18 hockey champions — and legendary Halifax hockey coach Tom Coolen smile after being introduced at the fundraiser. JEFF HARPER/METRO

Youth Programs, a Halifax non-profit group that gives at-risk and homeless youth the chance "to break the cycle."

"I started partying a lot with my roommates, just drinking at first, and then I became heavily addicted to ecstasy, cocaine and ... pills," she said. "I lost my friends, lost my job and my apartment."

By the time she was 18 years old, Amy "had lived in every women's shelter in Halifax."

She eventually turned to

Phoenix, staying at its emergency shelter and learning life skills such as applying for social assistance, finding an apartment, finishing her Grade 12 requirements and having a healthy pregnancy.

"This past May was my five-years-clean anniversary," she said, inciting enthusiastic cheers from the star-studded crowd. "I have successfully completed an introductory trades program ... and will be starting my second year this coming September."

Amy said she was "simply

existing" before Phoenix.

"Now I feel like I'm actually living," she concluded.

Cole Harbour's Alexis Crossley, a world women's U18 hockey championship gold medallist, flew in from Boston for one night in her home province just so she could participate in the special evening entitled "a celebration of Nova Scotia's hometown hockey heroes."

"It's a big honour to be invited ... and to be able to give back to the community that you grew up in," she said.

National women's U18 and U22 hockey team alum Jillian Saulnier agreed she was "very humbled" to help young people in her hometown of Halifax.

"We're in a unique situation where we can help people out," Stanley Cup champion and Hammonds Plains native Brad Marchand added.

"It really opens your eyes."

A helping hand

\$70K

Last year's Night of Champions raised \$70,000 for Phoenix Youth Programs in support of at-risk and homeless youth in Halifax.

Gymnastics

Ellie Black poised to win individual medals at Games

The Canadian women fell short of a medal in the team gymnastics competition Tuesday at the Commonwealth Games in Glasgow.

But 18-year-old Ellie Black of Halifax still has a chance at snagging five medals.

She claimed second on vault, third on beam, fifth on floor and ninth on uneven bars, for a total of 55.165 points and a second-place finish all-around upon completing the qualifying round.

England's Claudia Fragapane finished first with 56.740 points total.

"We came into the competition hoping to do the best that we could do," Black told Gymnastics Canada.

"Overall, we had a rough day, but we have a really young team, so it's a good learning experience for the younger girls."

In the team competition, England took the gold medal with 167.555 points, Australia snatched silver with 161.646 points and Wales claimed bronze with 160.095 points.

Canada finished fourth with 159.663 points.

Black competes in the all-around final Wednesday, uneven bars and vault finals Thursday and both the beam and floor finals Friday. METRO

Lawn bowling

Jackie Foster still has shot at podium in Glasgow

Lower Sackville lawn bowler Jackie Foster and teammate Leanne Chimery still have a chance at medalling in Glasgow.

The women's pairs competitors dropped a 19-10 decision to Wales, but then went on to beat Cook Islands 25-5 later Tuesday, at the 2014 Commonwealth Games in Scotland.

That means the ladies are in a must-win situation Wednesday against England, in order to advance to the quarter-finals, according to Team Canada Lawn Bowlers.

METRO



Blue Jays rookie Marcus Stroman deals to the Red Sox during the Blue Jays' 4-2 win on Tuesday night at Fenway Park in Boston. ELISE AMENDOLA/THE ASSOCIATED PRESS

Stroman strong as Jays extend streak

MLB. Rookie right-hander goes seven innings with eight Ks as Toronto continues to put hurt on Boston

On Tuesday

4

Blue Jays

2

Red Sox

Marcus Stroman had his second solid start against Boston in five days. Colby Rasmus hit a solo homer and the Toronto Blue Jays beat the Red Sox 4-2 on Tuesday night.

Xander Bogaerts homered and Dustin Pedroia added an RBI double for Boston, which

the Blue Jays, who won for the ninth time in 11 games and improved to 9-3 against the Red Sox this season.

has dropped all five games in Fenway Park against Toronto.

The Red Sox lost for the seventh time in eight games.

Stroman (7-2) held Boston to one run and six hits in seven innings, striking out eight and walking two. He took a no-hitter into the seventh last Thursday before giving up Shane Victorino's leadoff single for his only hit allowed in seven innings.

Casey Janssen got the final three outs for his 17th save despite giving up Bogaerts' homer.

Rubby De La Rosa (3-4)

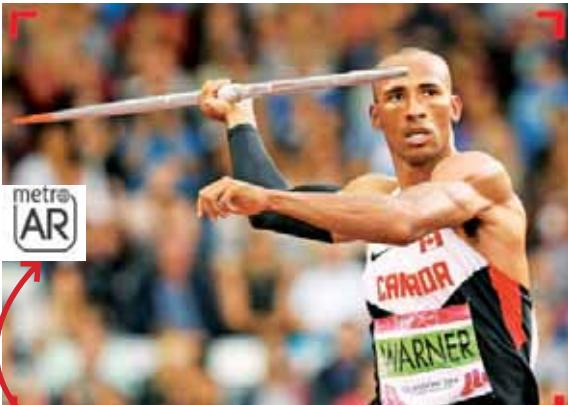
gave up three runs on nine hits in six innings.

The Blue Jays beat Boston in the opener of a three-game series on Monday.

Gose's two-out, two-run double snapped a 1-1 tie and pushed the Blue Jays ahead in the sixth. Juan Francisco and Rasmus singled before advancing on Munenori Kawasaki's sacrifice bunt.

Rasmus' homer into the centre field bleachers gave Toronto a 1-0 lead in the second, but Boston tied it on Pedroia's RBI double.

THE ASSOCIATED PRESS



Damian Warner prepares for a throw in the javelin during the decathlon in Glasgow, Scotland, on Tuesday. Scan the image with your Metro News app to view a gallery of Tuesday's action. CAMERON SPENCER/GETTY IMAGES

In Glasgow. Warner on mark with career choice

Damian Warner's choice to pursue a career in track-and-field has paid off with a gold medal.

The 24-year-old from London, Ont., won the men's decathlon in dominant fashion Tuesday at the Commonwealth Games in Glasgow, Scotland.

The victory was Warner's first on the international stage, and he spent his victory lap stopping to meet all the kids clamouring for pictures.

"It's always awesome, running around with the country's flag," he said. "I tell ya, we took

a lot of selfies out there, a lot of those kids have their cellphones out."

Warner scored 8,282 to win his only decathlon of the season; he was hampered earlier by a leg injury. England's Ashley Bryant won the silver with 8,109 points.

Growing up, Warner considered pursuing basketball or football. He chose decathlon after high school and said there is plenty to learn before the Rio Olympics, where he's sure to be a favourite. THE CANADIAN PRESS

Tennis. Genie Army on the march to Montreal

They're armed with T-shirts, face paint and posters — and they're headed to Montreal.

Founding members of the Genie Army, a group of Eugenie Bouchard supporters who cheered for the rising tennis star during the Australian Open in January, will be in the city for the Rogers Cup, beginning this weekend.

The fan club is made up of about a dozen people, and six of them are making the long journey to Canada for the tournament.

"We thought it would be a great chance to support Genie in her hometown and have the home crowd cheer along with us," said Stephen Ganavas, a 17-year-old student living in Melbourne.

Dressed in red and white



Eugenie Bouchard at the Australian Open in January. THE ASSOCIATED PRESS

and waving a banner with her name, the Genie Army emerged as Bouchard's unofficial cheering section during an impressive run in January. THE CANADIAN PRESS

NHL

Sensitivity training ramped up

To guard against another bullying scandal, NFL teams are holding sensitivity sessions during training camp.

Such guidance could be valuable for the St. Louis Rams, even if by all accounts they have welcomed the openly gay Michael Sam into the fold.

"I don't think it ever hurts to just talk about general respect for other people and other players," middle linebacker James Laurinaitis said. "There's not a problem in our locker-room; however, it doesn't hurt to go around and remind people about it."

THE ASSOCIATED PRESS

Leafs to re-sign Jake Gardiner

The Maple Leafs have gone all-in on Jake Gardiner, giving the defenceman a five-year contract, according to Sportsnet.

Gardiner is the last of the Leafs' restricted free agents to sign a deal.



Jake Gardiner
GETTY IMAGES

According to Sportsnet, the deal is worth \$20.25 million for a cap hit of \$4.05 million. The deal makes the smooth-skating Gardiner the team's second-highest-paid defenceman, behind captain Dion Phaneuf (\$7 million salary cap).

TORSTAR NEWS SERVICE

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- 4 Disclosure ft Sam Smith Latch
- 3 Ariana Grande ft Iggy Azalea Problem
- 2 Kiesza Hideaway
- 1 Sam Smith Stay With Me

Weeknights at 6 Kat counts down the HOTTEST songs of the day

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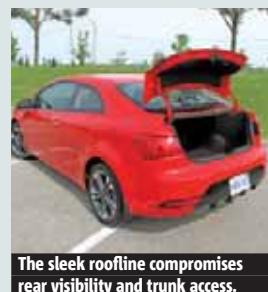
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- Transmission:** Six-speed manual, six-speed automatic
- Base price:** \$22,480, including destination

Market position

For folks seeking a sporty looking car that is also fun to drive, practical, and relatively cheap to buy and operate. Prime demographic is young people and empty nesters, who don't need four doors and a big back seat. Design officer Peter Schreyer is pushing Kia design toward a European look and feel.

Points

- Shares underpinnings with its corporate cousin, the Hyundai Elantra.
- This is the second generation for Koup, and the first to get a turbocharged engine option.
- Looks the sportiest of the Forte clan, but the five-door also gets the extra sporty stuff, like turbo engine offering and suspension tweaks.



Safety features

Six airbags, obstacle-detecting power windows, child-seat tethers, rear parking camera, automatic headlights, side-view mirror signal repeaters, four-wheel disc brakes with ABS, electronic stability control, vehicle stability management, hill assist control, auto dimming rear mirror.

Sporty Koup lacks edginess

PHOTOS: MIKE GOETZ



Review. Two-door version of Kia's Forte gets more of everything over sedan

MIKE
GOETZ
drive@metronews.ca

With the arrival of the all-new Kia Forte sedan, it was just a matter of time before the five-door hatchbacks and two-door coupes showed up.

As it did with the previous generation of Fortes, Kia decided to give the two-door model its own name: the Koup. And the company has honestly tried to make the Koup its own vehicle.

The 2014 Koup only shares its hood and front fenders with its siblings, and

flaunts more of everything compared to its predecessor — more power, more style, a longer and wider stance, and just a wee bit more rear-seat legroom.

The coupe format prioritizes the driver's needs for style and at-the-wheel fun. It's perfect, for example, for young people who have yet to experience the misery (or joy) of having to concern themselves with the all-encompassing needs of offspring.

New engines include a 2.0-litre direct-injection four cylinder, which grunts out 173 horsepower, the equal amount of the previous 2.4-litre engine, and a 201-hp, 1.6-litre turbo, which debuted earlier as the upgraded engine for the Veloster — the other compact sporty coupe in the Hyun-



The modern, quiet cabin is built with high-grade materials.

dai-Kia arsenal.

That turbo, only available on the Koup's up-level SX trim, seems to suggest Kia might be eyeing the upper echelons of the compact sports coupe wars, where the Honda Civic Si and Golf

GTi screech their tires.

Even with the new engine, however, the Koup is not really positioned to prosper in that subcategory, which appeals more to outright gearheads. The Koup doesn't have the steering

feel and overall edginess of those two.

But we're sure Kia was aiming for a different experience, anyway, one where the driver can confidently fling the vehicle around, and bask in a style and interior experience that belies its price class.

This personal-luxury feel is created by a very quiet cabin, built with high-grade materials and rendered in a modern style.

The sleek roofline means compromises to rear visibility and the size of the trunk access. But the trunk is fairly large, and the rear seats fold forward. It was easy to slide my bicycle into the back.

Friends may have trouble getting into the rear seats, but, overall, the Koup is a very upbeat vehicle that you and your friends will enjoy.

5
DRIVE



Dodge gets as much as 707 horsepower out of its Challenger engine. CHRYSLER CANADA

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Tweaks, turbos and air flow boost power

Driving Force. From race cars to family cars, there are several ways to improve performance

JIL MCINTOSH
drive@metronews.ca

Whether it's to make a sports car faster, or for better performance in an everyday car, auto manufacturers often increase the horsepower in their engines. In some cases, they'll even tweak a single engine design to get a lower- and higher-horsepower version out of it. It's a process that involves several methods, employed alone or in combination.

"Horsepower is the measure of work an engine can do," says Chris Nowak, senior manager of product development for Chrysler's Mopar division. "With any amount of fuel into the engine, it's how much useful motion I can get out of the car."

Most cars run on gasoline, but they mix it with large volumes of air and then burn this volatile vapour to create power. It isn't enough to just pour in more gas. "At some point, you will saturate the engine and it won't run properly," Nowak says. "You want to add more air."

One way to do this is to add a turbocharger or supercharger. These devices attach to the engine and force air into it when more power is needed, such as when you press hard on the throttle. The engine's computers respond by increasing the flow of fuel, which in turn increases the power. When extra air goes in, it has to go out to make room for more, so engineers also improve how the engine "breathes."

A freer-flowing exhaust system will still muffle the sound and reduce pollutants, but it reduces back pressure on the engine. Engineers

Need for speed

- "Horsepower" was coined by inventor James Watt. It's believed he measured a pony pulling up a 330-pound coal bucket 100 feet in one minute, which is 1 horsepower.
- Engines also have torque, a measurement of the twisting force that eventually turns the wheels. A car with high torque will accelerate faster than one with low torque.
- Auto companies "tune" the exhaust note to give performance cars a sportier sound.

carefully balance the air going into the engine with the amount going out.

Another step is to calibrate the engine by programming its control module.

The calibration tells the engine how to mix the air and fuel, how much, and at what r.p.m., Nowak says. "You could tune the intake or the exhaust alone, and that would give you an increase in horsepower, but the calibration is where you maximize performance."

Some performance kits include a cold-air intake, which draws cool fresh air into the engine, rather than the hot air in the engine compartment. Cold air is denser, so more oxygen is drawn in, which more effectively burns in the combustion chamber to power the engine.

Race-car drivers substantially increase horsepower by rebuilding their engines with speed-specific internal components, but this can be extremely expensive. Everyday car owners can buy add-ons, such as cold-air intakes or freer-flowing exhaust systems, to get more power at a fraction of the race-car cost.

Mixing and matching

"The calibration tells the engine how to mix the air and fuel ... The calibration is where you maximize performance."

Chris Nowak, product development manager at Chrysler's Mopar division

SUV vows to help drivers defy death

Technology. Volvo XC90 goes to great lengths to protect all passengers in the event of an accident

When the XC90 is officially revealed in August, Volvo's range-topping SUV will be one of the safest cars ever built.

While other manufacturers pledge to build the fastest or most powerful car ever conceived, or set targets to sell more than one million vehicles in Asia before a certain date, Volvo has set itself an altogether more challenging and admirable target.

It is doing everything it can to ensure that, by the end of the decade, no one travelling in a new Volvo — driver or passengers — will be killed or seriously injured as the result of an accident.

The project is called Volvo 2020 Vision, and the XC90 will be a significant step in making that vision a reality.

"Our starting point on safety is the same today as it was 87 years ago: real-life situations," says Peter Mertens, Volvo's senior vice-president of research and development. "We study data. We crunch numbers. We innovate. The result is one of the safest cars ever made."

The XC90 will be the first car ever to offer a safety system specifically designed to minimize injuries when a car leaves the road as the result of an accident.

safe or an accident.

Called Safe Positioning, the system will pre-tension seatbelts when a crash is detected to minimize occupants' movements, while the seats have an energy-absorbing quality Volvo claims will minimize spinal injuries.

When the company first showcased these technolo-

gies in 2013, it stressed that the biggest obstacle to achieving its 2020 Vision goal is trying to protect people when a car leaves the road in a run-off accident.

It is comparatively easy to build a car that can protect occupants in the event of a collision with another vehicle, or with a road barrier or other infrastructure. But when a car leaves the road, there are an infinite number of things to hit.

"Committing to safety is not about passing a test or getting a ranking," says Lotta Jakobsson, a technical specialist at Volvo. "It is about finding out how and why accidents and injuries occur and then developing the technology to prevent them."

Therefore, as well as minimizing the effects of an impact, the system is also designed to keep the car on the road at all costs.

For example, it can take over the steering if the vehicle is about to leave its lane or apply the brakes to individual wheels and cut engine torque if the sensors detect the car is in danger of rolling over. It can even monitor the driver for signs of tiredness and inattention.

The other world first is something Volvo calls its junction braking system, which will prevent a driver from accidentally turning into the path of an oncoming car, and can also pre-tension seatbelts and automatically illuminate the brake lights if it senses a vehicle approaching from the rear is liable to make contact.

"These two world firsts are further examples of how new technologies target substantial real-life traffic problems. This strategy moves us closer and closer to our ambition that, by 2020, no one should be killed or seriously

should be killed or seriously injured in a new Volvo," says Jakobsson. **AFP**



Among the new technology in the XC90 is a braking system that prevents you from turning into the path of another vehicle. AFP

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Shift: From hybrids, technology, new vehicles and the environment, to saving money at the pumps

Exclusive eco-supercar makes buyers cough up the big bucks

Sales of Volkswagen's radical, limited-production XL1 hyper-mileage eco supercar — a carbon-fibre-bodied plug-in hybrid capable of turning one litre of gasoline into a driving range of 100 kilometres — has begun selling in Europe. With an asking price just shy of \$170,000 US, it's no peoples' car, affordable for all. With just 200 copies set to be produced, the XL1 promises to be more exclusive than any Ferrari, Lamborghini or Bentley currently in production, albeit a much slower car. On the flip side of speed, no other production vehicle in the world can match its fuel economy, which has been recorded as high as 0.9 L/100 km. The hybrid uses a two-cylinder turbo-diesel for propulsion.

ALL STORIES AND PHOTOS FROM WHEELBASEMEDIA.COM



The Volkswagen XL1 is capable of burning less than 1.0 L/100 km. It's on sale in Europe for \$170,000 US.

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE.† Offer available to retail customers in Canada between July 1, 2014 and July 31, 2014. Applies to new 2014 MY Chevrolet Models. 2015 MY Chevrolet Silverado HD Pickups and GM vehicles. Chevrolet Corvette, at participating dealers in Canada. Employee price excludes license, registration, dealer administration fee, fees associated with filing at a movable property registry/PPSA fees, duties, and taxes. † Based on a 48 month lease for 2014 MY Chevrolet Cruze LT Air + Auto (IPX69) 1SA + M18 with 0.9% lease rate for a total of 104,000 KMs. Annual payment of \$20,000.00, \$0.16 per excess kilometre. OAC by GM Financial. Bi-weekly payments vary depending on down payment/term. A down payment of \$600.00, \$50 security deposit is required. Total obligation is \$41,722. \$0.162 Excess Miles and term and interest charges are included. Other lease options available with rates as low as 0.9% up to 36 months to 2014 MY Chevrolet Cruze LT Air + Auto (IPX69) 1SA + M18. Freight and insurance extra. GM vehicles include Chevrolet Sonic S/S Sedan (IUA69), 1SA/Cruze LT Air + Auto (IPX69) 1SA + M18, License, Insurance, registration, applicable taxes and fees are not included. Based on 84 month purchase financing for 2014 MY Chevrolet Cruze LT Air + Auto (IPX69) 1SA + M18. \$0.16 purchase financing offer is \$119.05 to \$44.00. Total obligation is \$10,000. Rates from other lenders will vary. Trade and/or security deposit may be required. Monthly payment amount depends on amount borrowed and down payment amount. GM vehicles include Chevrolet Sonic S/S Sedan (IUA69), 1SA/Cruze LT Air + Auto (IPX69) 1SA + M18. Offer valid from July 1, 2014 to July 31, 2014 (the "Program Period") to retail customers residing in Canada who own or are currently leasing a 1999 or newer eligible Pontiac, Saturn, Saab, Oldsmobile, Hummer, or Chevrolet Cobalt and HHR that has been registered and insured in Canada in the customer's name for the previous consecutive six months. Eligible customers who currently own and/or lease any car, crossover, van, utility or truck model (1999 MY or newer) will receive a \$750 Summer Bonus credit (tax inclusive) towards the lease, purchase or finance of an eligible new 2014 MY Chevrolet Cruze LT Air + Auto (IPX69) 1SA + M18 or 2014 MY Chevrolet Cruze (1999 MY or newer). Only one (1) credit may be applied per eligible vehicle sale. Offer is transferable to a family member living in the same household (proof of address required). This offer may not be combined with certain other consumer incentives available on GM vehicles. The \$1,500/\$750 credit includes HST/GST/OST/PST as applicable by province. As part of the transaction, dealer will request current vehicle registration and/or insurance to prove ownership for the previous consecutive six months.** The 2 year Scheduled Lubricant-Filler Maintenance Program provides eligible customers in Canada who have purchased or financed a new eligible 2014 MY Chevrolet, Buick or GMC vehicle (excluding Spark EV), with an AC Delco oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 40,000 KMs, whichever occurs first, with a limit of four (4) Lubricant-Filler services in total performed at participating GM dealers. Fluid top off, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash if it may be combined with certain other consumer incentives available on GM vehicles. ■ Eligible students or recent graduates receive Student Bonus credit of \$500 or \$750 (tax inclusive) credit amount depends on vehicle purchased. To use towards the purchase or lease of one eligible new 2013 MY/2014 MY Chevrolet, Buick or Cadillac vehicle delivered between July 1, 2014 to January 31, 2014. †‡ Limited time offer, may not be combined with other offers. Dealers are free to set individual prices. Quantities may be limited; dealer trade by law. See dealer for details.

Plug-in hybrids catch Mercedes' eye

Mercedes-Benz is expanding its plug-in hybrid options while working on a mid-cycle update for its M-Class tall wagon, reports auto news website, MotorAuthority. "And word on the street is that the update will see a plug-in hybrid model added to the lineup." It would join the flagship S-Class and entry-level C-Class in Mercedes' growing range of plug-in hybrids. An M-Class plug-in hybrid is expected to arrive about the same times as the C-Class plug-in hybrid, likely in the fall of 2015. "So the M-Class plug-in hybrid's arrival may be timed to coincide with the arrival of the updated M-Class range."



A mid-cycle update is coming for the Mercedes-Benz M-Class, but there might also be a plug-in hybrid model in the works.

Shift points

- Audi has confirmed it will build its smallest tall wagon yet, called the Q1. It will be able to run the A3 wagon's four-cylinder gasoline and diesel engines and offer front- or all-wheel drive.
- BMW is developing a new generation of wireless inductive charger technology that recharges batteries as fast as cables, "but requires no more effort than parking and pressing a button," reports emerging technology website, Gizmag.
- Ford has developed an aluminum-intensive "Lightweight Concept Car" based on its mid-size Fusion sedan that is 25 per cent lighter than the current Fusion production car, or about the same as its Fiesta.

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Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

You may feel you have gone as far as you can go with a project but don't give up on it yet. If you do you will most likely regret it next month when the omens are more favourable.

♉ Taurus

April 21 - May 21

There is a danger that you will overreact to criticism and say or do something that comes back to haunt you. At home and work, think before replying.

♊ Gemini

May 22 - June 21

One huge effort may get you past an obstacle, but will it have an adverse effect on your health? The planets urge you to take a more relaxed attitude to do what you have to do.

♋ Cancer

June 22 - July 23

Do something about your cash flow situation but make sure it does not risk everything. Have you convinced yourself that things are worse than they are?

♌ Leo

July 24 - Aug. 23

The Sun at odds with Neptune means your imagination is working overtime. You will be more creative than usual, but don't expect everyone else to go along with your plans.

♍ Virgo

Aug. 24 - Sept. 23

All you want is to be left alone for a while — is that too much to ask? Find a quiet place you can call your own and think about the meaning of life.

♎ Libra

Sept. 24 - Oct. 23

Everything that occurs in your life is part of a deeper plan, so don't try too hard to change things because it's unlikely to happen. Let fate take its course.

♏ Scorpio

Oct. 24 - Nov. 22

If you approach a task in a negative frame of mind, you won't much enjoy it. But if you pretend you have been looking forward to it, how easy it is to surprise you.

♐ Sagittarius

Nov. 23 - Dec. 21

Be open to alternative viewpoints. The world is changing faster than ever and those who don't try to keep up will get left behind quicker than they anticipated.

♑ Capricorn

Dec. 22 - Jan. 20

Don't come on too strong today or you could turn people against you and, in doing so, damage both your reputation and your earning power.

♒ Aquarius

Jan. 21 - Feb. 19

Because the Sun makes a difficult aspect to Neptune, planet of illusion, today make sure that your dreams have a solid basis in reality.

♓ Pisces

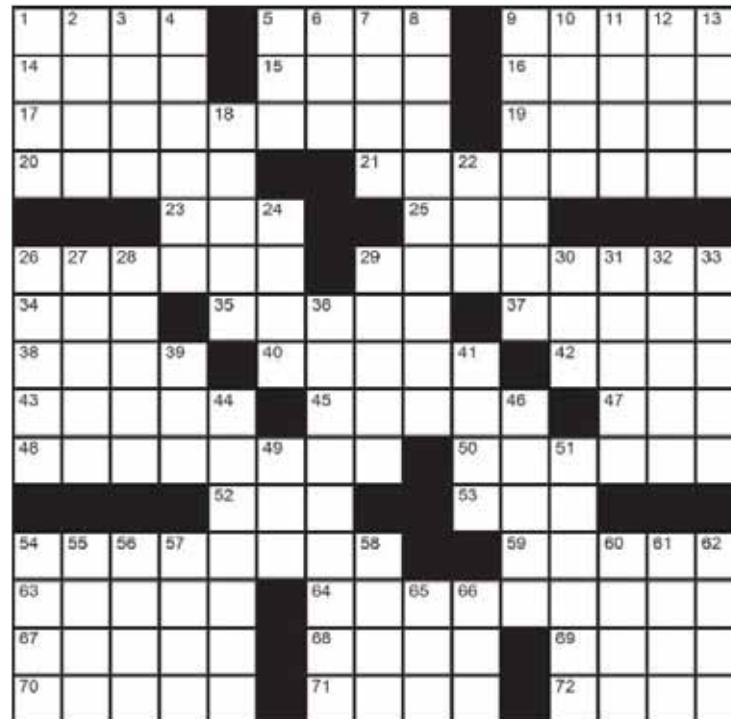
Feb. 20 - March 20

If a co-worker says something hurtful don't take it to heart. You should take it as a sign that you are on the right track. They obviously feel threatened. Keep doing what you're doing.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. ___ and dry
5. Gladiator's 2900
9. Please = SVP = S'il vous ___
14. Bryan Adams album: '___ the Fire'
15. Brad Pitt's ancient film
16. ___-Barbera (Cartoons)
17. 1971 Mordecai Richler novel, ___- Horseman
19. Playwright Mr. Chekhov
20. Pasta selection
21. Parliament Hill ceremony, ___ of the Guard
23. Deplete
25. Fruity drink
26. Light ___
29. Quebec City: ___ Monastery National Historic Site of Canada
34. Owned
35. ___ idea (Doesn't realize): 2 wds.
37. "___ Acapulco" (1963) starring Elvis
38. Patron saint of Norway
40. "...to ___ own self be true..." - Shakespeare
42. Water-to-wine biblical site
43. "Romeo and Juliet" actor Milo
45. Video game name
47. Bird's 'bill' in Boucherville
48. Bling for footwear
50. Michael J. Fox's mouse-voice movie, "___ Little" (1999)
52. Bible boat
53. East: French
54. Canadian ice cream company
59. Space shadow
63. Varlet
64. ___ Valley, Nova



Down

6. Hosp. picture
7. Regarding [abbr.]
8. The Knack hit: 2 wds.
9. Elisha Cuthbert's hockey player hubby Dion
10. French or English, e.g.
11. Against
12. Get ___ the ground floor
13. Orange drink mix
18. Sandy spot
22. Promos
24. "What's ___?"
26. Gets bugs to go bye-bye
27. Brandon ___ (Jason Priestley role)
28. Boise's state
29. Cohesiveness
30. Captain Jean-Picard
31. DWTS judge Carrie Ann
32. San Francisco footballer, colloquially
33. Legislate
36. Ian Ziering movie thriller
39. Cost
41. Gaelic
44. Town in southeastern Saskatchewan
46. "___ to you." (Your choice!)
49. Period
51. Greatest extent
54. Zodiac creature
55. "That's ___ Heartache Begins" by Patsy Cline
56. Culture medium
57. Contented cat's call
58. Huffy-puffy mood
60. '90s British band
61. Irritate
62. Inquires
65. Meshwork
66. Commotion

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

4	5	1	2	3	7	6	8	9
8	2	3	1	9	6	7	5	4
7	9	6	4	5	8	2	1	3
1	3	4	5	6	9	8	2	7
5	8	7	3	2	1	4	9	6
9	6	2	7	8	4	5	3	1
6	4	9	8	1	5	3	7	2
3	1	5	6	7	2	9	4	8
2	7	8	9	4	0	1	6	5

8	6							
6	7							
4	9	5	8	2				1
9								
1	2	3	9	6				
7								
6	3	9	1					
5		4	1					
8		9						

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